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Sports Pg 19

Pinball, Argos to part ways: York

Painting a new future

Obama inauguration today

Redemption for America, a clean slate for the world, and the burden of the ages for Barack Obama, who assumes the U.S. presidency today with a constellation of expectations and challenges few, if any, have known before.

Fanfare months in the making will peak at one minute before noon, when Obama is to speak the 35-word oath of office with his hand on Abraham Lincoln's Bible. America's 44th president will proceed immediately to his crucial first order of business — a 17-minute address that will set the tone for his era.

A succession of polls suggests Obama will enter office with the wind at his back, ensured of a long honeymoon.

But presidential scholars say just hours from now, Obama will begin to experience the rude awakening inherent to the world's most powerful position.

The inauguration is "a ritual of reaffirmation that combines the worlds of the sacred and the profane — in other words, religion and politics," said Donald Kennon, chief historian with the U.S. Capitol Historical Society.

United States Presidential Inauguration

The sacred will be seen in the prayers of invocation and benediction that will enwrap the midday ceremony. But as the festival continues through a luncheon with 200 of Obama's new friends in Congress and the new President leading a ticker-tape parade to his new home, it will end, inevitably, in the less-than-guileless spectacle of inaugural balls, where cold, hard power politics resides.

TORSTAR NEWS SERVICE

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. president-elect Barack Obama pauses yesterday while painting during a renovation project at Sasha Bruce Youthwork, a shelter for homeless or runaway teens, in Washington. Obama and vice-president-elect Joe Biden maintained a schedule of volunteering devoted to the memory of Martin Luther King Jr. to further emphasize the incoming administration's agenda of public service.

United States Presidential Inauguration

- Charles Davies, page 8
- Special coverage, pages 12-13
- Lawrence Martin, page 14

- More exclusive coverage online at metronews.ca

Layton aims to take down Tories

POLITICS NDP Leader Jack Layton appears intent on trying to topple the minority Conservatives. He said yesterday his party is going to vote against the budget, saying the opposition coalition threatening to defeat the Tories had some "bold but very practical approaches" that should be put into action.

"It's a coalition that can help take Canada toward a better future. The coalition will only come into being if all of the opposition parties take the courageous stand to stand up to Mr. Harper at this critical time after all that he's done," Layton told NDP MPs. "If the Liberals decide to support Mr. Harper, I have to tell them, they should know this: They'll be doing it alone," he said.

TORSTAR NEWS SERVICE

Biden had a choice of jobs, wife reveals on Oprah

The wife of U.S. vice-president-elect Joe Biden let it slip to Oprah Winfrey yesterday that her husband had a pick of two jobs in the Obama administration.

Jill Biden said U.S. president-elect Barack Obama gave Biden the choice of being secretary of state or vice-president. The vice-president-elect tried to hush his wife as soon as the words came out of her mouth, with a loud "shhh!" that sent the audience into laughter.

The Bidens made a surprise appearance on Winfrey's show, recorded at the Kennedy Center and broadcast on the eve of the inauguration.

The vice-president-elect said he only accepted Obama's offer to be his running mate after talking it over with "Jilly," his pet name for his wife. Mrs. Biden said she told him vice-president would be better for the family.

"If you're secretary of state, you'll be away, we'll never see you, you know," she said. "I'll see you at a state dinner once and awhile. But, I said, if you are vice-president, the entire family, because they worked so hard for the election, they can be involved. They can come to our home."

THE ASSOCIATED PRESS

Health pg 24

Diet can alter hormones

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Eavestrough cleaning turns into robbery

An elderly man was robbed in Forest Hill Sunday after another man offered to clean his eavestroughs. The man started the job then demanded more money. When the victim refused, the man assaulted him and fled with his wallet. Brian Bingley, 48, faces robbery and breach of probation charges. METRO NEWS SERVICES

Local

Has the city cut back on trans fat?

Toronto Public Health will conduct a survey this year to determine how prevalent trans fats are in food offered in city grocery stores and restaurants. A federal voluntary program in 2007 calling on the food industry to reduce trans fats to specified limits within two years expires in June. Yesterday, Toronto's board of health approved plans for a survey to see whether food establishments have made sufficient efforts to reduce their use of trans fats. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Travel

Marvelling at the Strip's newest hotel, the Encore at Wynn Las Vegas.

metronews.ca

WHAT'S ONLINE TODAY

Video Stephen Harper calls Obama presidency a step forward in Canada-U.S. relations at **metronews.ca/canada**

Blogs Political Stripes tackles Ignatieff's mixed messages on taxes.

Lotteries

Ontario Pick 3: 8 6 2; **Ontario Pick 4** : 0 7 7 3 **Encore:** 3289187 **Daily Keno:** 8, 10, 12, 14, 20, 22, 24, 25, 30, 31, 32, 34, 47, 49, 50, 55, 60, 61, 62 & 69. These results are not official.

Celebrating a dream

King a 'hero' for Canadian students, too, principal says

Even as they celebrated the life of Martin Luther King Jr., the students of Lord Dufferin Public School couldn't help alluding to another charismatic black man, U.S. president-elect Barack Obama.

Obama's inauguration, scheduled to unfold in Washington this morning, is a clear sign that "(King's) dream has been fulfilled," eighth-grader Daliya Aktar said yesterday morning at the Cabbagetown school's Martin Luther King Jr. Day assembly.

Principal Gary Crossdale agreed. "As we stand here on the eve of the inauguration of a black president, I thank Dr. King," he said.

More than 100 students sat cross-legged on the gym floor, watching as speakers — including their peers — evoked the teachings of the civil rights leader and his influence on the world today.

At the back, about a dozen students hoisted colourful, homemade signs that read: "Stop the racism" and "Equality for all."

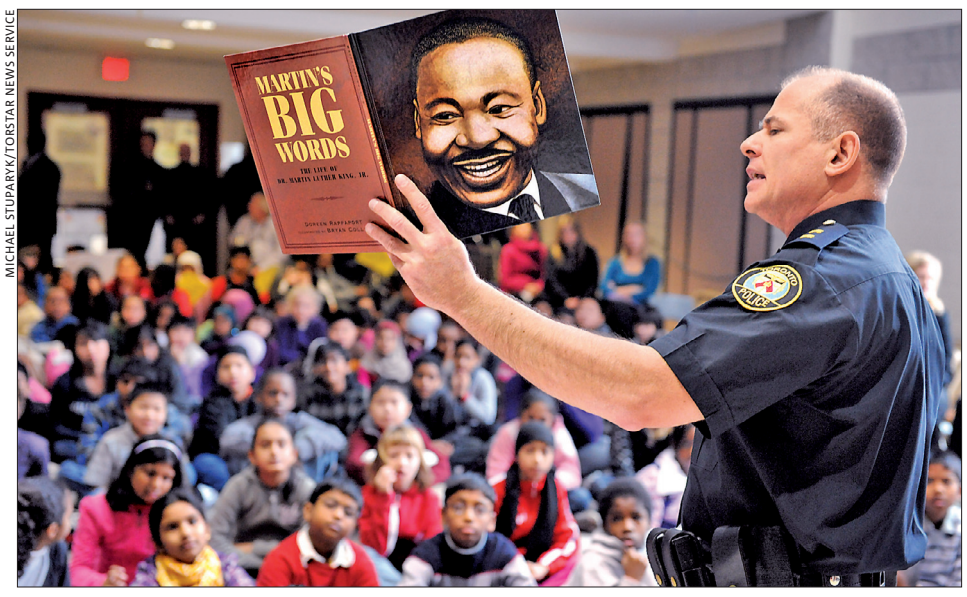
Though officially an American holiday, Martin Luther King Jr. Day is "very significant because we have a very diverse community," Crossdale said.

"The students see Martin Luther King Jr. as a hero," he said, noting Canada doesn't have any comparable black heroes to call its own.

The presidential inauguration was a recurrent theme in the presentation.

Thanks to King, Obama "grew up and got to see a different country," one in which he could be president, U.S. Consul General John Nay told the students.

"I think Martin Luther King Jr. did expect to see a black president, but nobody knew when it would happen." TORSTAR NEWS SERVICE



MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Children at Lord Dufferin Public School listen to 51 Division Insp. Heinz Kuck read from Martin's Big Words at their Martin Luther King Jr. Day assembly. U.S. Consul General John Nay was in attendance.

"I think Martin Luther King Jr. did expect to see a black president, but nobody knew when." U.S. Consul General John Nay

Anti-war group founder turned back at border

AYERS One of the founders of a radical 1960s anti-Vietnam War group — responsible for a number of bombings in the United States in the early 1970s — was turned back at the Canadian border Sunday.

Dr. William Ayers, now a professor of education at the University of Illinois-Chicago, had been scheduled to speak last night at the University of Toronto's Ontario Institute for Studies in Education. Anna Pape, with Canada Border Services, said officers can deny entry into Canada if someone has been involved in such things as criminal activity, human rights violations or organized crime. TORSTAR NEWS SERVICE

News in brief

SCHEME Six GTA residents face fraud charges in connection with a scheme involving government-guaranteed small business loans. Police allege the group opened companies and generated fake invoices to borrow up to $400,000. The companies claimed they were unable to pay back the loans, forcing the government to repay the bank 85 per cent of the money. TORSTAR NEWS SERVICE

Pedestrian hit with gun in robbery near Sheridan College
A man jumped out of a car and hit a pedestrian with a handgun after stealing his wallet on Marlborough Court near Sheridan College in Oakville early yesterday, police say. The gunman, who wore a bandana over his face, is about 20, thin, 6-foot-4, with red hair. TORSTAR NEWS SERVICE

Looking down the road at TTC changes

Complaining about the daily commute is practically a sport in the Toronto region.

But transit riders may have less to complain about by the time 2009 ends, as a more customer-based culture becomes increasingly entrenched across the GTA.

Last week, the TTC launched e-mail alerts, the latest electronic initiative in its customer service arsenal.

While the information bulletins could mean a better trip for the 85 per cent of GTA transit users who ride on the TTC, the regional transit authorities expect to deliver some good news of their own in the months ahead.

3 The number in billions of dollars the record-busting contract could reach for TTC's new streetcars.

Here are some changes coming to the TTC:

- Following on the heels of two route upgrades last year, the TTC has boosted service on 11 more bus and streetcar routes.
- Next-vehicle arrival signs, launched last year, will continue to roll out across the city.
- By year end, Victoria Park, Pape and Dufferin stations will be undergoing renovation as part of an ongoing program.
- Although the first test vehicles aren't expected until at least 2010, expect to hear a lot this year about the TTC's new streetcars. The record-busting contract — worth between $1.25 billion and $3 billion — for 204 streetcars is expected to be awarded in April.
- Riders can expect to see plastic shields around TTC drivers this year.
- And parking fees will apply to Metropass users starting in April.

TORSTAR NEWS SERVICE

Upgrades outside of Toronto

- YRT has integrated maps so its riders can use Google Transit to plan their trips, in addition to the rideQuest function on its website.
- The province's Presto smart fare card resurfaces in September for a field test at the Oakville and Bronte GO stations, in anticipation of an elaborate rollout to nine transit systems next year.
- GO Transit's bus service is to expand this fall on the Milton 401, Oakville 403, Oshawa Express and Highway 407 routes, and the Richmond Hill train bus, to alleviate overcrowding.
- Mississauga Transit will provide faster trips on some of its busiest routes, by introducing limited-stop buses along Hurontario Street, from Port Credit to Shopper's World in Brampton, all of it starting in May.

Investigation into power outage begins

HIGH PARK West-end activist Jutta Mason and her neighbours want hard and fast answers on last week's blackout.

She e-mailed MPPs on the residents' behalf and they want to be briefed, she said.

Now Cheri DiNovo, MPP Parkdale-High Park, has called a community meeting for Thursday at 7 p.m. in the Parkdale Public Library, a week after the blackout, so residents can get answers from Toronto Hydro and Hydro One.

Power

- Power was restored Friday, announced by Mayor David Miller, at 9:40 p.m.

"We've got to look at all levels of maintenance history," said Laura Cooke, spokesperson for Hydro One. "We are undertaking an investigation of the events that caused this valve to open."

The malfunctioning valve is located on the Hydro One side, where the power "is brought into the system as high voltage and then is distributed to Toronto Hydro customers through a low voltage system or distribution system," Cooke explained.

Hydro responded by shutting off the power.

TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

Vancouverite Patricia Moreno is the first selected torchbearer for the Vancouver 2010 Olympics. All Canadians can nominate themselves to carry the Olympic Flame when it is taken across Canada before the Vancouver Olympics.

A burning desire for the torch

CONTEST Having her dreams of carrying the Olympic torch thwarted by an overzealous runner in 1988 hasn't dissuaded Laurie Swanson from taking another crack at making history on Canadian soil.

"I was running alongside the runner and she was supposed to hand it off to me, but she just kept going." Laurie Swanson, on her torch carrying experience

"I was running alongside the runner and she was supposed to hand it off to me, but she just kept going," said Swanson. Known as Laurie Tutte at the time, she had won a national contest through Petro-Canada to carry the torch onto the city hall stage in Mississauga in 1988, prior to Calgary's Winter Olympics.

Despite the mix-up, Swanson, 55, still raved about the experience of running and speaking in schools about being selected.

The honour is up for grabs again, with RBC and Coca-Cola Canada both offering 4,500 spots to the public — and Swanson intends to apply again.

Both contests rest on themes of commitment to the environment and personal health. For details on how to enter go to icoke.ca or (both Coca Cola websites), or www.carrythetorch.com for RBC contest details.

The torch will be in Toronto on Dec. 18. In total about 12,000 Canadians are expected to carry it along a 45,000-kilometre route for 100 days with the final leg wrapping up at B.C. Place.

TORSTAR NEWS SERVICE

End the York strike if voting fails: Tory

POLITICS If the vote by striking York University teaching assistants and contract faculty fails, the province should move in with back-to-work legislation to get 50,000 students back to class by next week, Progressive Conservative Leader John Tory said yesterday.

"Let's hope the vote goes well, but if not, Mr. McGuinty needs to call the legislature back and pass legislation to have classes going again no later than Monday," he said in a telephone interview yesterday after meeting with a small group of York students about the strike, now in its 11th week.

About 1,000 of the 3,340 members of the Canadian Union of Public Employees Local 3903 voted yesterday on York's latest offer, a move the university forced through the provincial labour ministry.

Voting continues today and results should be available tonight. If the offer is approved, students could be back in class Thursday.

TORSTAR NEWS SERVICE

FRED THORNHILL/TORSTAR NEWS SERVICE

John Tory

Strike not bad for everyone

EDUCATION For some York University students the ongoing strike is not all doom and gloom.

Sky Fairchild-Waller, 21, a fourth-year dance student, said the lockout has allowed him to devote time to other ventures.

He has used the free time to try to pick up dance performance jobs to keep himself financially afloat.

"The strike is really bittersweet," he said.

"It costs money to live day-to-day in a huge metropolitan city like Toronto. Time is money, and students do not have a surplus of that."

The extra work paid off when the performer and choreographer landed a performing role in the stage version of the hit movie High School Musical 2.

The show will make its Canadian debut at the Toronto Centre for the Arts in March.

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Raid uncovers Oshawa grow-op
An Oshawa man faces drug charges after police raided an apartment Friday evening and found more than 80 marijuana plants. TORSTAR NEWS SERVICE

Rogers proposes 4-day work week

Plan is for company's publishing staff

While other Canadian media conglomerates continue to announce severance packages and layoffs, Rogers Publishing has taken a different approach to cutting its labour costs in the face of a worsening economy.

Yesterday, all full-time staff with the company's more than 70 publications were given the opportunity to reduce their work week to four days from five, accepting a 20 per cent pay cut for the duration of 2009.

"The four-day work week offered to publishing employees is purely voluntary and time limited," for 11 months, said Louise Leger, spokesperson for the company.

"Its purpose is to save money."

The company, which owns some of Canada's most read magazines, including Maclean's, Chatelaine, Today's Parent and MoneySense, would not disclose how much money it intended to save with the package, but Leger did indicate the package was not being offered to other divisions of the Rogers media empire.

TORSTAR NEWS SERVICE

Employees

- Rogers employs more than 1,000 writers, editors and other professionals in its publishing division. Employees have until Jan. 26 to apply for the work-week reduction.

Cyclist **Snowy crossroads**

RENE JOHNSTON/TORSTAR NEWS SERVICE

A cyclist rides on one of the many paths formed yesterday in Nathan Phillips Square at city hall.

Toronto home sales fall by 50 per cent in January

The Toronto Real Estate Board yesterday reported a meagre 888 sales in the first half of January, compared with 1,776 sales during the same period a year ago.

The average price of a home is also down 9.5 per cent to $332,495, compared with last year's $367,574 — a $35,000 plunge.

"The economic situation in Canada has changed noticeably over the past year ... Toronto is not immune to this," TREB president Maureen O'Neill said.

"The GTA housing market has been impacted."

"The economic situation in Canada has changed noticeably over the past year ... Toronto is not immune to this."
Maureen O'Neill, TREB president

Realtors say a flurry of buying last January to escape Toronto's new land transfer tax that came into effect in February 2008 may have exaggerated the year-over-year drop.

Sales in the city of Toronto are off 54 per cent in the first 15 days of 2009, while prices are down more than $40,000 for the average home. Homes in the 905 suburbs were not hit as hard, with sales down 47 per cent and prices off $26,000.

There is no question this will be a difficult year for the housing market, as well as the commercial real estate market.

Job losses for the GTA could mount to 125,000 over the next 12 to 18 months, according to a report by housing analyst Will Dunning.

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Former MLA to represent accused B.C. polygamist

Accused B.C. polygamist Winston Blackmore is being represented in court this week by a former member of Premier Gordon Campbell's Liberal government. Former MLA Blair Suffredine is one of the lawyers who will defend Blackmore in a case that is expected to challenge Canada's law against polygamy. THE CANADIAN PRESS

Canada

Taser victim vilified, lawyer says

A Taser inquiry into the death of Robert Dziekanski has heard he was nervous and shy but otherwise calm during his trip to Canada, but that image stands in sharp contrast with how police and prosecutors have described the man, says his mother's lawyer. "The strategy is ... to vilify Mr. Dziekanski and to say he was the author of his own misfortune and to say basically we hold no responsibility here," Walter Kosteckyj, who represents Zofia Cisowski, left, said yesterday. THE CANADIAN PRESS

Harper sides with Grits on tax cuts

Prime minister says he is on the same page with opposition on some budget issues

PAUL MCLEOD
Metro Canada

Yesterday was balmy in Halifax, but probably freezing in hell; Prime Minister Stephen Harper agreed with the Liberals.

While in Halifax to meet with business leaders, Harper responded to Liberal Leader Michael Ignatieff's ultimatums against tax cuts.

Ignatieff said Sunday the Liberals would oppose a budget that includes broad tax cuts that would plunge Canada into a "permanent" deficit. Yesterday, Harper — agreed?

"That is obviously a concern that the government of Canada shares," Harper told reporters at the Marriott Harbourfront.

"I think it's a broad consensus that we need … to engage in significant spending now to stimulate our economy now, but that cannot become permanent. We're all on the same page on that score."

Harper

Ignatieff is pushing for short-term economic stimulus in the Conservative budget, due on Jan. 27.

Harper said he expects the budget will be generally approved of across Canada.

"All the political parties in Parliament don't agree on everything. There are certainly broad aspects of what the Liberal party is saying that we can agree with. Beyond that, as you know, the Liberal party has been very general in its wish list for this budget."

Harper was in Halifax as part of a national tour, meeting business leaders in the run-up to the budget.

Keeping with his usual theme of limited media availability, Harper took only four questions yesterday. In that time he also wished U.S. president-elect Barack Obama good luck.

"Coming to office as the first African-American president is a hugely symbolic and important page in American history. That said, none of us are under any illusions about the great challenges that face President Obama," he said.

"In all the great challenges that confront him he will find no better friend, neighbour and ally than Canada."

Pair plead in deaths of RCMP officers

VICTORIA HANDYSIDES
Metro Canada

METRO CANADA PHOTO

JIMMY JEONG/THE CANADIAN PRESS

Shawn Hennessey, left, and Dennis Cheeseman pleaded guilty to four counts of manslaughter for their parts in the deaths of four RCMP officers killed by James Roszko on March 3, 2005, in Alberta.

CRIME A gun that became part of cop-hater James Roszko's small arsenal in an ambush was wiped clean and put into a bag by two men accused of assisting him in the murder of four Mounties.

That was only one piece in a pile of mounting evidence that came from a court-agreed statement of facts that led to Shawn Hennessey, 29, and Dennis Cheeseman, 25, quietly admitting their part in the brutal 2005 quadruple-murder.

The pair pleaded guilty to four counts of manslaughter in the deaths of the officers who were raiding Roszko's Mayerthorpe, Alta., area marijuana grow-op on March 3, 2005, before the crazed gunman opened fire. After murdering the four officers, Roszko turned the gun on himself.

There had been speculation that someone must have helped Roszko return to his farm after he fled in his truck the day before the murders. He had raced off when a bailiff tried to execute a court order and his vehicle was later found more than 20 kilometres away.

The brothers-in-law, Hennessey is married to Cheeseman's sister, were initially charged with first-degree murder after their arrests in July 2007, but agreed to plead to the lesser charges.

"Obviously they helped him," Cheeseman's longtime friend, Vicky Marsh told Metro exclusively after hearing the news of plea. "To the exact extent and why, we don't know — to me, that's the big question. I think they're taking responsibility for what they might have done, or caused."

New details in the expensive 28-month investigation were revealed yesterday. DNA evidence found in a glove on Roszko's farm after the massacre and registry records confirmed one of the firearms used belonged to Hennessey, and the pair admitted to giving Roszko a ride back to his farm after the incident the day before the murders.

The slaughter of the officers was the largest single-day loss suffered by Canadian police forces in 100 years. "Nothing can be done to bring back the four RCMP officers or bring Roszko to true justice… They shouldn't be the justice for what Roszko did," Marsh said.

Manslaughter with a firearm carries a minimum of four years in prison.

WITH FILES FROM THE CANADIAN PRESS

Two dead, 11 injured in nursing home fire

ORILLIA A fire at a nursing home that killed two residents and left 11 others in hospital sent the lone on-duty worker rushing into the snowy streets of Orillia, Ont., yesterday to pound on doors for help in rescuing the two dozen residents of the burning building.

The blaze, which began shortly after 6 a.m., killed two elderly residents and left 11 others in hospital, said the province's Office of the Fire Marshal.

The facility, which had 24 residents, was home to seniors as well as some middle-aged people with mental health problems. Longtime neighbourhood residents said the home has been around for at least 50 years, though it has changed names and ownership and undergone renovations over that time.

THE CANADIAN PRESS

News in brief

BAILOUT Premier Dalton McGuinty is defending the yet-to-be-delivered aid package for the struggling auto sector as one of several things his government is doing to keep jobs in the province. McGuinty says the automakers did not overstate the urgency of their financial troubles in December when Chrysler and General Motors said they needed the money before year's end.

IGNATIEFF The right-wing Canada that Prime Minister Stephen Harper has as his end game would be a weaker, more unjust country, and only the Liberals can stop him, Liberal Leader Michael Ignatieff says. Speaking about his personal commitment as new chief of the Liberal party, the MP said the Conservatives under Harper are a centre-right party that veers to the "extreme right." METRO NEWS SERVICES

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Off-duty Windsor cop shot while in Detroit

Police in Detroit say an off-duty officer from neighbouring Windsor, Ont., is in critical condition after being shot during a robbery attempt. Sgt. Eren Stephens Bell says the officer, whose name hasn't been released, was shot once in the chest at about 4:45 p.m. yesterday. THE ASSOCIATED PRESS

What Obama can do for Canada

President-elect seems poised to launch a massive stimulus plan that could benefit us

Charles Davies

News Analysis

If his recent statements are any guide, U.S. President Barack Obama will boldly confront America's economic plight in his inaugural address today. He'll describe a crisis that is the worst since the Depression and caution that a revival will be measured in years rather than months. He'll stress the urgency of a stimulus package (roughly $775 billion US, but potentially more than $1 trillion) and remind people that large, complex economies don't turn on a dime.

Canadians will listen as closely as Americans, since 80 per cent of our exports, and one-in-five of our jobs, depend on the U.S. economy. Anything Obama does to stimulate the U.S. economy will be good for us, but the measures will affect us in small doses over a long period, and there could be complications.

United States Presidential **Inauguration**

Anywhere from $270 billion to $310 billion of the Obama stimulus package will come from lower taxes for individuals (through reduced levies) and businesses (through refunds on prior years' payments). If people spend the extra cash, that will benefit Canadian exporters of everything from cars to forest products. And if businesses use their refunds to expand and hire workers, that indirectly benefits us, too.

But if individuals sock their refunds away — and recent numbers indicate Americans are scared enough that they are becoming savers once again — that money will have to be funnelled through a newly risk averse financial system before it has any effect. And if businesses use their refunds defensively — reducing debt in order to clean up their balance sheets — their prudence will actually slow a broader recovery that would help Canada.

It's hard to see how plans to expand health and unemployment benefits or spending up to $200 billion helping states subsidize costs for Medicaid and education programs will do much for Canadian businesses, other than in very subtle and indirect ways. It's also an open question how much Canadians will benefit from Obama's broad but unspecified plans for infrastructure development. Under the North American Free Trade Agreement, Canadian companies can bid on U.S. public projects and conceivably could win a share of the $136 billion of projects said to be "shovel-ready."

Of course, NAFTA itself may be up for renegotiation if protectionist elements in the U.S., many of which supported Obama, get their way. Canadian officials are already concerned that increasing U.S. zeal to enforce border regulations will slow trade. Stimulus package or not, Canadians should get ready for a long and bumpy ride.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

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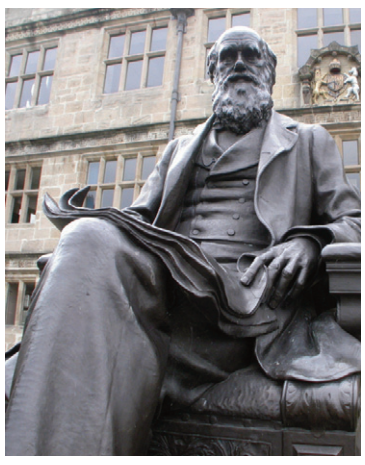
2009 A YEAR OF CELEBRATIONS IN LONDON

When planning your vacation this year, make sure you move London to the top of the list. There will be a variety of amazing celebrations and anniversaries throughout 2009 that will provide visitors a distinctive experience in this unique city.

And if that's not enough, **experience a world of value in London**, with a much more favorable exchange rate*. A trip to London will cost 25% less than this time last year, so there's no need to compromise on your ideal of an elegant and enriching vacation.



Dates to celebrate

This year will see 200 years since the birth of Charles Darwin, which will be celebrated throughout the year at the Natural History Museum, one of over 80 museums in London that is free to visit.

Indulge your green fingers with a series of events at Kew Gardens, the oldest botanical park in London, which is 250 years old in 2009.

*$1.45 : £1 at time of press

The gardens have an amazing variety of plants and flowers and visitors can enjoy a spectacular view from the new treetop walkway.

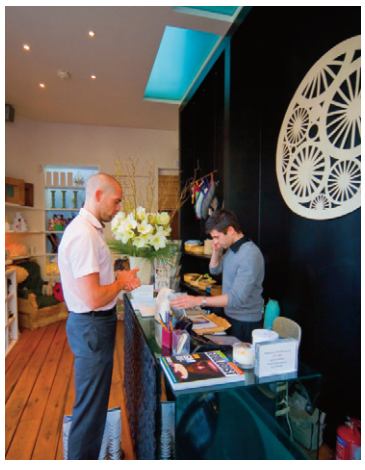
This year will also see the reopening of The Savoy, one of London's most iconic hotels. Steeped in history and tradition, the hotel has undergone a full renovation and will welcome back guests in style early in the summer.

Insider tip: Change your dollars, commission free at Thomas Cook foreign exchange branches in London. All you need is a voucher that is downloadable at **visitlondon.com**. You'll also receive a discount booklet worth £100 to help save on various London attractions.

Splendid shopping

If you love shopping, then check out Selfridges 100 year anniversary. Not only does this stylish department store have a range of cool designer fashion and home wares, but it's filled with great art installations too.

Insider tip: When taking a break from shopping, head to St Christopher's Place, just off Oxford Street, for a bite to eat at an affordable price.



Horrid history

Probably one of England's most notorious kings, Henry VIII ascended to the throne 500 years ago. A celebration of his life (and many wives!) will take place throughout the year at both Hampton Court Palace and the Tower of London. Hear stories about princes locked in the tower, wives who were beheaded and the ghosts that haunt these historic palaces.

Insider tip: Travel to Hampton Court Palace in style by taking a boat along the River Thames from Richmond.

Welcome to my World

Philip Johnson,
Customer Services Manager,
Hampton Court Palace

The royal capital Hampton Court Palace is rich in amazing history particularly with regard to the incredible story of King Henry VIII. We will mark this with a host of special events and exciting presentations throughout the year.

Hampton Court is only one part of the great London adventure. Historically, socially, and culturally, it offers an amazing experience. There's so much to do and see. I travel a lot myself but London will always be my capital of capitals. I love the vitality of the city.

My tip for visitors is to try a traditional pub lunch, inexpensive and always good value or shop till you drop at the markets in Petticoat Lane, Camden Town or Portobello Road. And in my opinion, everyone should go to the event of all fantastic events – the Trooping the Colour in June.

For full details on the top celebrations in London and more tips on visiting London log on to visitlondon.com

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Conjoined twins separated

Nearly three-month-old girls believed to be the first known American Indian conjoined twins were separated yesterday in Oklahoma City during a three-hour surgery. Doctors have said the girls have a good chance at survival because they have separate hearts and shared no major blood vessels. THE ASSOCIATED PRESS

World

Year of the Ox

The 15-day Chinese New Year begins Jan. 26, ushering in the Year of the Ox. The ox is the sign of prosperity through fortitude and hard work. Some famous people born in the Year of the Ox (1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997) include: Barack Obama, Jane Fonda, Jack Nicholson, Margaret Thatcher, Meryl Streep, Princess Diana and George Clooney. METRO NEWS SERVICES

Nuclear accusations

Israel said to have used weapons with depleted uranium

Arab countries accused Israel yesterday of blasting Gaza with ammunition containing depleted uranium and urged the International Atomic Energy Agency to investigate reports that traces of it had been found in victims of the shelling.

In a letter on behalf of Arab ambassadors accredited in Austria, Prince Mansour Al-Saoud of Saudi Arabia expressed "our deep concern regarding the information ... that traces of depleted uranium have been found in Palestinian victims."

A final draft of the letter was made available to The Associated Press yesterday. It urgently requested IAEA director general Mohamed ElBaradei to "carry out a radiological and physical assessment in order to verify the presence of depleted uranium in the weaponry used by Israel ... in the Gaza Strip."

Officials at the Israeli mission to the IAEA said they were in no position to comment without having seen the letter.

IAEA spokeswoman Melissa Fleming confirmed receipt of the letter and said a response might be issued later in the day.

The letter — which spoke of "medical and media sources" as the origin of its allegations — appeared to be alluding to health concerns related to depleted uranium but the effects of exposure to the substance are unclear.

An IAEA article on the issue says while the substance "is assumed to be potentially carcinogenic ... the lack of evidence for a definite cancer risk in studies over many decades is significant and should put the results of assessments in perspective."

Still, says the article, "there is a risk of developing cancer from exposure to radiation emitted by ... depleted uranium. This risk is assumed to be proportional to the dose received."

THE ASSOCIATED PRESS

Prior accusations

- It is not the first time Israel has been accused of using ordnance containing depleted uranium, which makes shells and bombs harder and increases their penetrating power.

KHALIL HAMRA/THE ASSOCIATED PRESS

A Palestinian family sits next to their destroyed house yesterday in the Rafah refugee camp in the Gaza Strip. As a ceasefire with Israel took hold yesterday, Gazans took a first close look at the large-scale destruction in the area.

Bush commutes jail terms of border guards

In his final acts of clemency, U.S. President George W. Bush yesterday commuted the prison sentences of two former U.S. Border Patrol agents whose convictions for shooting a Mexican drug dealer ignited fierce debate about illegal immigration.

Bush's decision to commute the sentences of Ignacio Ramos and Jose Compean, who tried to cover up the shooting in 2005, was welcomed by both Republican and Democratic members of Congress.

They had long argued the agents were merely doing their jobs, defending the American border against criminals. They also maintained that the more than 10-year prison sentences the pair was given were too harsh.

With the new acts of clemency, Bush has granted a total of 189 pardons and 11 commutations.

THE ASSOCIATED PRESS

Prison sentences

- Bush didn't pardon the men for their crimes, but decided instead to commute their prison sentences because he believed they were excessive and they had already suffered the loss of their jobs, freedom and reputations, a senior administration official said.

News in brief

INVESTIGATION The crew of the US Airways plane that landed in New York's Hudson River has asked the media to back off while the accident is being investigated. Flight 1549's captain, Chesley Sullenberger, first officer and co-pilot Jeff Skiles, and flight attendants Sheila Dail, Doreen Welsh and Donna Dent said in a joint statement yesterday they want the media to "respect their desire to refrain from participating in interviews until further notice" while the National Transportation Safety Board investigates the accident.

PROTEST Antiwar protesters threw shoes outside the gates of the White House on U.S. President George W. Bush's last day in office.
About 500 people marched to the White House and threw about 40 pairs of shoes at the gate while tourists looked on and took photos.

THE ASSOCIATED PRESS

Victims' families take tainted-milk case to China's highest court
More than 200 families whose babies fell ill after drinking tainted infant formula spiked with an industrial chemical said yesterday they are taking their case to China's highest court after being repeatedly ignored by lower courts. THE ASSOCIATED PRESS

Found after 12 years

Woman discovered living in Swiss woods

A German woman missing for 12 years has been found living in the woods on the outskirts of the Swiss capital with nothing more than an umbrella and tarpaulin for shelter, police said yesterday.

The 52-year-old woman, whose name was not disclosed, appeared to be healthy after living in the simple shelter near the community of Bolligen for the past year. A hiker told police this month he had seen a woman living there.

"She answered our questions and told us she didn't want any contact with her family," Bolligen's Mayor Rudolf Burger said. She conversed normally, but she also spoke of a mission that she had to fulfil, he added.

She is still living there, but the Bolligen Citizens Community that owns the woods will soon tell her she will have to leave.

THE ASSOCIATED PRESS

Missing

- The woman was reported missing in 1997 in a village near Potsdam, Germany, outside Berlin.

Russia **Chilly Epiphany**

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Men help a girl to emerge from ice cold water after the traditional plunging to mark Russian Orthodox Epiphany in the town of Sestroretsk, west of St. Petersburg, Russia, yesterday. Thousands of Russian Orthodox Church followers plunged into icy rivers and ponds across the country to mark Epiphany.

Activist lawyer shot in Moscow

RUSSIA Stanislav Markelov, a lawyer who fought against the early release of a Russian colonel convicted of murdering a Chechen woman, was shot dead in broad daylight on a Moscow street yesterday, days after the officer, Col. Yuri Budanov, left prison.

A journalist, who was shot along with the lawyer, died in hospital.

Markelov, 34, was shot in the back of the head at close range by an attacker who wore a mask and had a silencer on his gun.

THE ASSOCIATED PRESS

Writer jailed for 'insulting' king

THAILAND A few lines in a novel, Verisimilitude, that sold just seven copies have earned an Australian writer three years in a Thai prison.

The conviction of Harry Nicolaides, 41, yesterday for insulting the monarchy is one of a recent flurry of such cases, underlining Thailand's sensitivity about how to safeguard the royal institution when 81-year-old King Bhumibol Adulyadej passes from the scene.

THE ASSOCIATED PRESS

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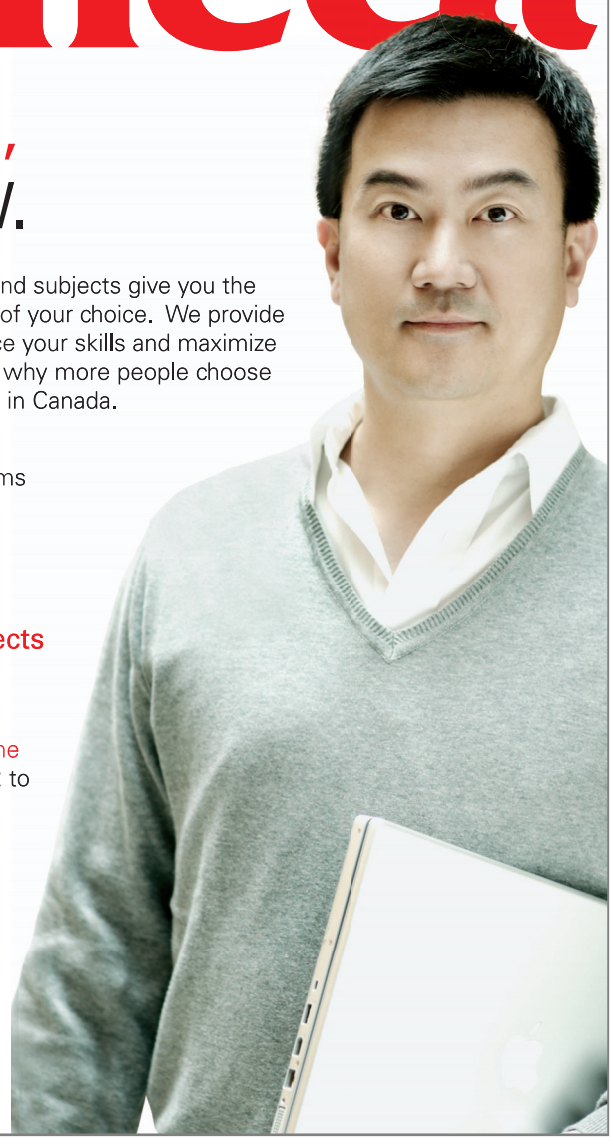

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News websites brace for barrage of viewers

Sites like CNN.com and other major television networks are planning to offer streaming Internet video of the event, but warn that users could experience slower than normal responses from their websites because of increased traffic. METRO NEWS SERVICES

Presidential Inauguration

Lincoln Bible

The same Bible used by Abraham Lincoln, left, will be used by Barack Obama as he is sworn in by Supreme Court Chief Justice John G. Roberts Jr.

METRO NEWS SERVICES

THE DAY'S EVENTS

• Morning worship service

Like every U.S. president-elect since Franklin D. Roosevelt, Barack Obama will tip off Inauguration Day with a morning worship service — most likely a private affair for him and his family and friends — at a church in D.C.

• Procession to the Capitol

U.S. President George W. Bush and his wife Laura Bush will join Obama and his wife, Michelle, for the motorcade procession to the Capitol — and undoubtedly fantastic conversation.

• Vice-president's swearing-in

Since he'll fade into the background the second the new administration takes its place, vice-president-elect Joe Biden gets the first turn being sworn into office on the steps of the Capitol.

• President's swearing-in, inaugural address

The main event is next up with Obama swearing the oath of office, then addressing the country and affirming for one last time all the promises he's made.

• Departure of the outgoing president

In the second-most feel-good event of the day, Obama will escort Bush to his departure plane where Bush will take his final leave from D.C. And then we can all exhale.

Bye-bye Bush!

GRAHAM WOOD/METRO

• Inaugural parade

The city will go crazy as bands, floats and military personnel celebrate down Pennsylvania Avenue while Obama will watch from a secure post.

• Inaugural balls

Fabulous affairs with the crème de la crème of Washington society, great food and lavish decorations concludes inauguration day. Of course, this year that may be just a tad inappropriate since the U.S. is teetering on the edge of national bankruptcy.

GRAHAM WOOD/METRO

10 facts to take to the bar ... U.S. presidents

1 **George Washington**'s salary as president was $25,000 US — George W. Bush's was $400,000 US.

2 **Theodore Roosevelt** became the first president awarded the Nobel Peace Prize in 1906.

3 **George W. Bush** was the 43rd president, but there actually have only been 42 presidents: Cleveland was elected for two nonconsecutive terms and is counted twice, as the 22nd and 24th president.

4 The oldest president ever elected was **Ronald Reagan** (1981-89). The 40th president took office at the age of 69.

5 Twenty-six presidents were lawyers before becoming president.

6 **Andrew Jackson** was the first president to survive an assassination attempt.

7 **Theodore Roosevelt** (1901-09) was the youngest president to ever serve. He was elected vice-president on a ticket with president **William McKinley**, but in September 1901 a deranged anarchist shot McKinley twice in Buffalo, New York, and Roosevelt assumed the top office at 42.

8 **Bill Clinton** was the first U.S. Democratic president to win re-election since **Franklin D. Roosevelt**.

9 The first and only president for a day was **David Atchison**. Zachary Taylor was a staunch Episcopalian and refused to be sworn in on a Sunday.

10 **James Madison** was president when the British entered Washington and set fire to the White House during the War of 1812.

BY THE NUMBERS

$50M

Amount D.C. Mayor Adrian Fenty predicts will be needed to cover costs associated with the inauguration. Congress has already approved $15 million.

2.5M

Number of people city officials expect in the city to celebrate inauguration festivities.

5,000

Number of portable toilets to be available to revelers on the National Mall.

22

Number of hours D.C.'s subway system will be running rush-hour service — from 4 a.m. to 2 a.m. — on Inauguration Day.

Network coverage

CBC and CBC Newsworld

- Starting at 11 a.m. Peter Mansbridge hosts inauguration coverage.

Live coverage of the parade starts at 2 p.m.

CTV

- Lloyd Robertson hosts a live special starting at 10 a.m., with commentary from Frank McKenna and Eleanor Clift, former White House correspondent for Newsweek.

Global

- Kevin Newman quarterback's coverage with a live Global News special starting at 11 a.m.

U.S. networks

- All three main U.S. networks as well as CNN start airing live from Washington at 10 a.m. ABC has Dianne Sawyer, Charles Gibson and George Stephanopolous hosting. CBS' coverage is helmed by Katie Couric. NBC's Brian Williams and Tom Brokaw lead their coverage, while MSNBC has Keith Olberman, Rachel Maddow. CNN has Wolf Blitzer and Anderson Cooper. TORSTAR NEWS SERVICE

Address to focus on responsibility

Barack Obama's inauguration address will call on Americans to embrace a new era of responsible behaviour — in government and in business.

Obama's speech today will ask the country to reject the "culture of anything goes."

Obama will ask Americans to restore a national value system that honours responsibility and accountability. It harkens back to John F. Kennedy's call for personal sacrifice in his 1960 inauguration address.

Obama wrote the bulk of the speech, press secretary Robert Gibbs said.

George W. Bush's 2005 inaugural speech ran 21 minutes.

"I don't think you're going to be surprised by what you hear."
David Axelrod, adviser

Obama's speech is expected to run about 15-20 minutes, according to ABC, which is on the short side compared to most inaugural addresses.

David Axelrod, Obama's senior adviser, said the speech would be consistent with the themes that Obama has emphasized throughout the campaign.

"I don't think you're going to be surprised by what you hear," he said. "I think he's going to talk about where we are as a country but also who we are as a people and what responsibilities accrue to us as a result of that, and what we have to do to move forward." TORSTAR NEWS SERVICE

Riding the wave of public approval a heavy burden to bear

RATINGS As Barack Obama takes the oath of office today, with one of the highest approval ratings in history, the weight of the nation's hope is on his shoulders.

It's not just an abstract hope, but often, a very personal one. His well-wishers feel a palpable tie to the presidency, in a way that has seldom been seen in a political system that has steadily declined in its citizens' confidence.

"I have a daughter who lost her job with Ford (Motor Company), and she's struggling," says Laura Clark of Dunbar, W.Va., one of America's poorer states. "I just hope he'll create the conditions that will get her a job. I think he'll be able to do it because he's capable of bringing everyone together to accomplish the most important goals."

RICK MADONIK/TORONTO STAR

The public was still able to get fairly close to the inauguration site yesterday during the Martin Luther King holiday celebrations.

Clark is not alone in that wish. The shattered economy is on most people's minds. And Obama's image of steadiness, stability and reasoned optimism has captured their confidence, drawing record numbers to Washington for today's inauguration ceremony. According to a Gallup poll this week, a whopping 83 per cent approve the way he's handled his transition to authority, and 78 per cent view him favourably, one of the highest ratings the opinion sampling company has recorded in recent decades. By comparison, only 17 per cent expect George W. Bush to be remembered as an above average president as he leaves office, and a scant 22 per cent say they approved of his eight-year term. For some, Obama symbolizes the hope for cleansing and renewal. For others, he is simply a welcome respite from eight long years.

But says Tawanda Wright of Chicago, "my biggest fear that his term won't be long enough. I think he needs at least 12."

TORSTAR NEWS SERVICE

Cellular providers prepare for the worst
Bell, Rogers and Telus have said they are expecting heavy cellular usage today but reassured users it isn't likely to affect domestic operations. METRO NEWS SERVICES

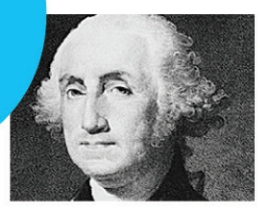
Presidential Inauguration

The good, the bad and the most unfortunate

History's unforgettable moments — and those not worth remembering

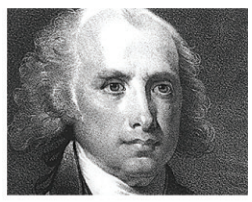
5 inaugurations you would have wanted to attend ...

George Washington, 1789
To see what a president should really look like: Washington wore white tights with silver shoe buckles and carried a steel-hilted sword.

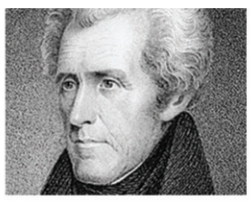


Thomas Jefferson, 1801
To shake the president's hand: Jefferson broke precedent by mingling among spectators instead of riding in a carriage to his inauguration.

James Madison, 1809
To get cheap tickets: Remember when $4 would buy you a ticket to the inaugural ball? Well, maybe not, but that was the going rate for Madison's soirée. Today, it would cost an arm and a leg.



Andrew Jackson, 1829
To get good gossip: After a particularly brutal campaign, outgoing president John Quincy Adams spitefully skipped out on the festivities.



Franklin Pierce, 1853
To witness a presidential spurning: Pierce was the first of two presidents to "affirm" the oath of office instead of "swear" it, and he placed his hand on a law book instead of a Bible. METRO

... and five inaugurations you're glad you missed

Ulysses S. Grant, 1873
Because who serves frozen food at an inaugural ball?: Grant's inauguration fell on the coldest March 4 on record. The building where the ball was held had no heat orinsulation. The food froze on the tables.

William H. Taft, 1909
Because you would have gotten stuck in a blizzard: The inauguration was forced indoors as winds toppled trees and telephone poles, trains stalled and streets were shut down. Crews cleared 58,000 tons of snow and slush.

Woodrow Wilson, 1913
Because no one wanted to party: Grieving the loss of his son, the newly sworn-in president Wilson cancelled the inaugural ball because he felt it was inappropriate for what should be a solemn occasion.

Herbert Hoover, 1929
Because everyone was too poor to party: On the brink of the Great Depression, officials suspended the inaugural ball for a much more modest charity ball. Nothing like bread lines to kill the mood.

Lyndon B. Johnson, 1963
Because you would have missed it anyway: After the assassination of John F. Kennedy, Johnson was administered the oath of office on an airplane. There were no ceremonies until he was officially elected in 1965. METRO

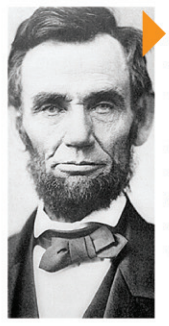
Dumbest president?

William H. Harrison wore no winter gear at all to his inauguration in 1841. He delivered the longest inauguration address on record in the cold and wet 9 C weather. A month later, he died of pneumonia. The illness is said to have been brought on by overexposure to the weather on his inauguration day. METRO

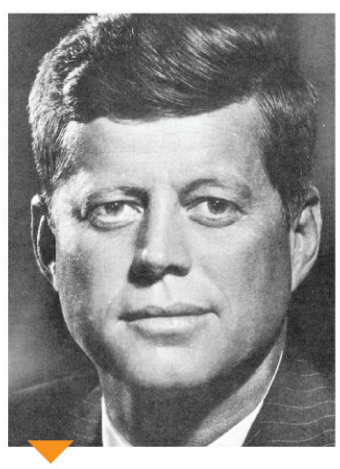
William H. Harrison

True words of wisdom

"No people can be bound to acknowledge and adore the Invisible Hand which conducts the affairs of men more than those of the United States."
George Washington

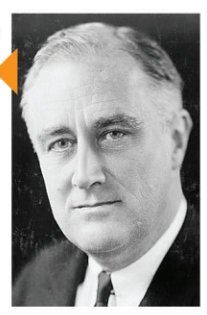


"With malice toward none, with charity for all ... let us strive on to finish the work we are in, to bind up the nation's wounds."
Abraham Lincoln



"Ask not what your country can do for you — ask what you can do for your country."
John F. Kennedy

"The only thing we have to fear is fear itself."
Franklin D. Roosevelt



"The tragic events of the 30 months of vital turmoil through which we have just passed have made us citizens of the world. There can be no turning back."
Woodrow Wilson

10 things you never knew ...

1 **Franklin D. Roosevelt** was the first president to be inaugurated on Jan. 20 in 1937. Before that, Inauguration Day was March 4.

2 **George Washington** delivered the shortest inauguration speech in history — at only 135 words — during his second inauguration in 1793.

3 **James Buchanan's** inauguration in 1857 was the first to be photographed.

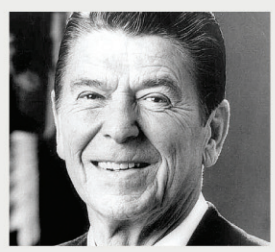
4 African-Americans first marched in the inaugural parade at **Abraham Lincoln's** second swearing-in in 1865.

5 Women participated for the first time in an inaugural parade during **Woodrow Wilson's** second inauguration in 1917.

6 **Calvin Coolidge** was sworn in by former president William Taft, who had become the chief justice of the U.S. Supreme Court, in 1925.

7 **John F. Kennedy** was the first Catholic to become president.

8 **Gerald Ford** was the first unelected vice-president to become president.



9 **Ronald Reagan's** first inauguration was the warmest inauguration day on record. His second inauguration was the coldest.

10 **Bill Clinton's** inauguration was the first to be broadcast live on the Internet. METRO

SOURCE: JOINT CONGRESSIONAL COMMITTEE ON INAUGURAL CEREMONIES

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Obama: Reversing a spiral

National**Report**

Lawrence Martin

United States
Presidential
Inauguration

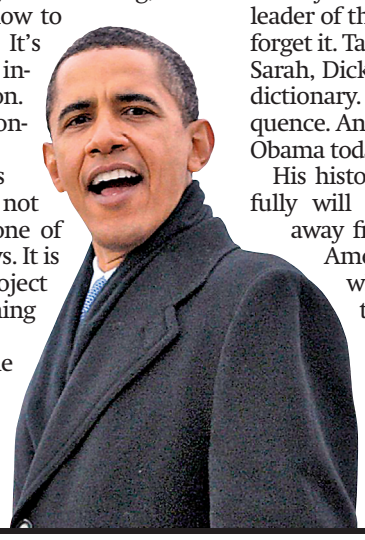
Behold the lesson from the ones who are most remembered. To be an exceptional leader, you have to be an exceptional communicator. That's the Lincoln lesson, the Roosevelt lesson, the Kennedy lesson, the Reagan lesson and the Trudeau lesson.

And today, U.S. inauguration day, it will be the Barack Obama lesson: A country can be moved as much by words as by deeds.

Obama may not change the policy direction of the United States to the large degree many hoped. In recent weeks, he has sounded increasingly moderate and mainstream. He appears to be seeking consensus rather than radical change.

His appointments are predominantly centrist types. His anti-war talk has dimmed. He's been all smiles around George W. Bush. He even declined an opportunity to repudiate the vile Dick Cheney.

But he's proving something that leaders in Canada, where eloquence has been lacking for so long, have been slow to grasp. It's about inspiration. A national leader's role is not to be one of the boys. It is to project something higher than the mundane. It is to uplift the country's conscience.



George Junior's frat boy talk was hardly suited for the greatest power on earth. Sarah Palin's low-brow "you betcha" schtick was OK at a pizza banquet for the local hockey team. But for a leader of the western world, forget it. Take a hike George, Sarah, Dick and y'all. Visit a dictionary. Look up eloquence. And listen to Barack Obama today.

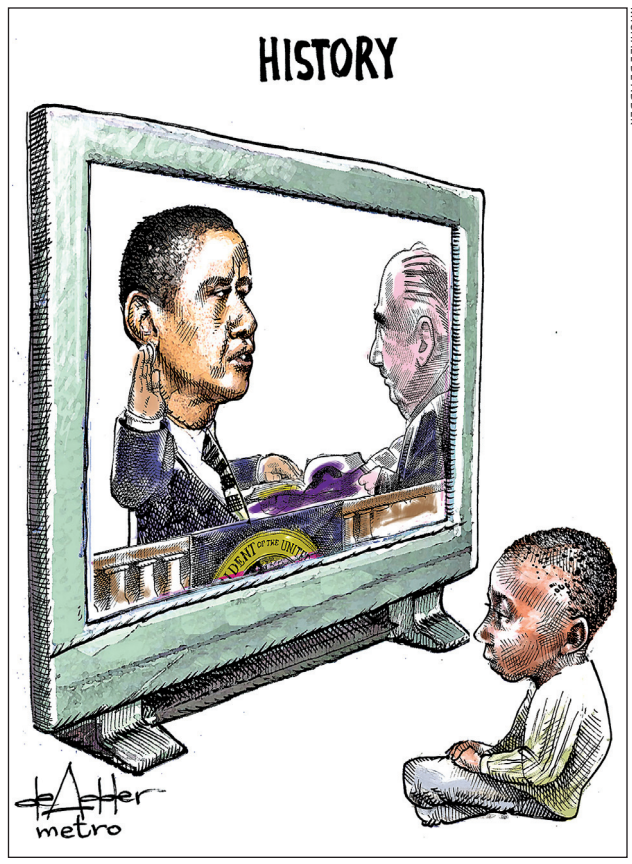
His historic oration hopefully will mark a turning away from a chapter in American history when it's been cool to be dense, when if you were seeking political office you were advised to hide your Ivy League education. It's been a period — frequently referred to as the dumbing-down era — when to be erudite was decried as being elitist.

John F. Kennedy isn't remembered so much for what he did as for the style and the inspiration he brought. In the case of Pierre Trudeau, it's much the same. Each leader was seen as standing up for something higher. Each leader had his share of deficiencies, but Kennedy revitalized his country and so did, at least in his early years at the helm, Trudeau.

They weren't chasing after the lowest common denominator. They weren't mingling religion with politics. They weren't preying on people's base instincts.

That's the way down. Today, as the United States brings forward a beacon of inspiration, it's on the way to reversing that spiral.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

The centre of Obama's universe

Mona Eltahawy
Global View

I live in Harlem, New York City, which on election night was the centre of the universe. I have never seen people so happy.

Four days later, I went to the Axis of Evil, or at least that's how former (doesn't it feel good to say that!) U.S. President George W. Bush described Syria. And there in the Damascus market I bought a T-shirt that said simply "Obama." One line in Arabic. Another in English.

Two very different cities. One simple joy at the mere idea of Obama.

Three months later, I am back in the Middle East and there is little joy. But Obama isn't the reason the region is heartsick and wary. Rather, it is the absence of an Obama in the region that has sucked all joy out of it.

This morning in Doha, Qatar, the main photo on the front page of one of the national dailies was of Palestinians in Gaza lifting the decomposing body of a man onto the back of a pickup truck.

I am writing this from Tel Aviv, Israel, where at the airport an Israeli friend told me she is finally smiling again because with the ceasefire in place, she no longer has to worry her son will be sent to Gaza to fight.

So, how do we become audaciously hopeful in the Mideast?

Forget our audaciously awful leaders — and when it comes to the Arab-Israeli conflict they are evenly spread on both sides. Focus instead on young people, who form the majority in the region.

That's where U.S. President Barack Obama (doesn't it feel good to say that?) comes in.

The realist in me reminds the foolish optimist that Obama will be preoccupied with the U.S. economy and won't be as focused on the Middle East as those of us from the region would wish. The poor man, trim and fit physique notwithstanding, must be weighed down by a burden of expectations from everyone.

"The old leaders in the Middle East have stopped dreaming. That's a tragedy. Young people still dream."
Prof. Mira Tzoreff

But he can be the leader the region lacks. He can be the leader that tells our young people — Arab, Israeli, Iranian and Kurdish, take your pick — "Yes *you* can!"

A young Egyptian blogger I met in Doha told me that while listening to Obama's acceptance speech he felt he was listening to the late Egyptian President Gamal Abdel Nasser, known for his mesmerizing presence. The latter died long before the blogger was born, but that's how far he must go back to point to an Arab leader with a charismatic ability to galvanize the public.

"The old leaders in the Middle East have stopped dreaming," Prof. Mira Tzoreff told me as she and her husband drove me to my hotel. "That's a tragedy. Young people still dream."

President Obama you still dream. Talk to the young people here and tell them their dreams matter.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Letters

Lack of TTC communication over delays frustrating

As a daily commuter on the TTC, I am increasingly frustrated with the lack of communication from the TTC regarding delays and the abysmal co-ordination of shuttle buses.

Although (the recent) power outage in the west end is out of the TTC's control, commuters should have been alerted either entering a bus or subway station. If warned before paying my fare, I would have made alternate plans to get to work.

Something as simple as a message by the bus driver or from a TTC rep at the subway station could have caused a lot less grief. The co-ordination of shuttle bus service was terribly executed. Since the power outage occurred at 10 p.m., there is no excuse for the lack of preparation for the morning rush.

I know the TTC is looking at improving communications through e-mail or text alerts, but this is no replacement for communication at TTC buses and subways.

Once again, the TTC showed its lack of commitment to the people who pay to use their service and ineptitude in dealing with major delays. **PATRICK FARRUGIA, TORONTO**

Quote **of** the **Day**

"I see when we're dropped to our knees in pain, it's the opportunity for spiritual awakening."

— Trauma and grief therapist Pam Fitzgerald speaking about the dynamics of loss. METRO CANADA

Metro Online Poll Results

60% SAID YES	Do you plan to watch Barack Obama's inauguration?	40% SAID NO

Weigh in on today's question at metronews.ca

It's your turn to tell others what you think. E-mail your thoughts and opinions to: torontoletters@metronews.ca
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Magna cut 3,300 Canadian jobs last year
Aurora-based Magna International cut its workforce by 3,300 jobs in Canada last year as the auto parts giant slashed and shifted production. Its Canadian workforce tumbled 16.5 per cent to 16,700 last November from the end of 2007. TORSTAR NEWS SERVICE

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Parts makers face closure

AUTOs Delays in reaching an auto aid deal with General Motors and Chrysler in Canada will probably mean the closure of parts suppliers within weeks, says an industry leader.

Gerald Fedchun, president of the Automotive Parts Manufacturers' Association, said suppliers are starving for cash, which the automakers and governments are holding up in negotiations for $4 billion in public financial aid.

Several automakers are down for part or most of this month to reduce an oversupply, exacerbating a cash flow crisis for suppliers. TORSTAR NEWS SERVICE

Payment
- A lot of suppliers won't receive cash until at least mid-March since automakers don't pay them for 45 days or longer under current practices.

No relief for borrowers?

Banks urged to pass on rate cut

Chris McNeil says Canada's banks are making it tough for working folks to dig themselves out of debt.

The 34-year-old administrative assistant finds it "troubling" banks only cut their prime rates to 3.5 per cent from 4 per cent last month, even as the Bank of Canada slashed its rate by 75 basis points to 1.5 per cent. And he worries banks may hold back again today.

The Canadian Bankers Association has recently argued that banks' total costs of borrowing have not fallen as far as the Bank of Canada's rate. The overnight rate is just part of banks' total funding mix.

Some economists suggest consumers may not see substantial relief in borrowing costs soon. While most expect the Bank of Canada to cut its overnight rate again today, not everyone is convinced commercial banks will pass on the full savings this time around.

"My suspicion is that they will pass only part of it (rate cut) along to borrowers."
Erin Weir

"My suspicion is that they will pass only part of it along to borrowers," said Erin Weir, an economist with the United Steelworkers union.

TORSTAR NEWS SERVICE

$350M lifeline for businesses

CREDIT The federal government is investing $350 million in the Business Development Bank of Canada to help companies gain access to financing because of tight credit markets.

Federal Industry Minister Tony Clement announced yesterday that the investment will allow the bank to provide an additional $1.5 billion in financing to help small- and medium-sized businesses — from manufacturing to forestry, farming and fishing — stay afloat and grow. TORSTAR NEWS SERVICE

Business in brief

GAS Russia and Ukraine signed a deal yesterday that restores natural gas shipments to Ukraine and paves the way for an end to the nearly two-week cutoff of most Russian gas to a freezing Europe.

BANK The British government raised its stake in crisis-stricken Royal Bank of Scotland to 70 per cent from 58 per cent in a deal that will save RBS 600 million pounds a year in interest charges. THE ASSOCIATED PRESS

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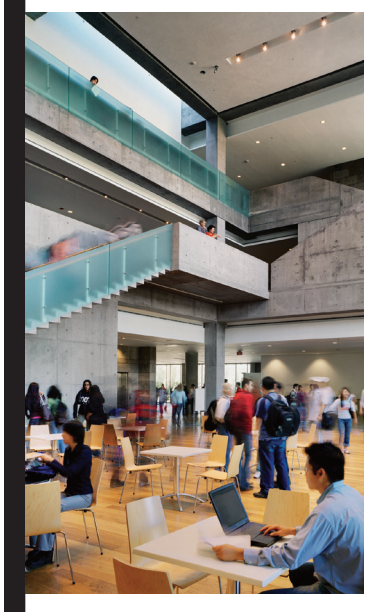

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No income, no taxes, right?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q Last November, I received a request from Revenue Canada to file a tax return for 2004-07. In 2003, I was laid off from work; the payout was generous and I decided to start my own business. Currently, my income is derived from investment dividends and interest. Profits from the business are insignificant. My total income is less than the basic personal exemption. Therefore, I would owe no taxes. Many of my colleagues agree: I do not have to file a tax return, unless I owe taxes! How do I get them off my back? Ali

A Your age or marriage status isn't very clear, but it must be a challenge to live on income that you describe. You're partially right: Individuals must file a tax return if taxes are owed. However, there are many other circumstances that obligate you to file:

- CRA has made a request. This obligates you to file.
- An individual has disposed of property. Although you receive investment income less than the basic personal exemption, if you sold real estate, stocks, or owned mutual funds, gains may exist.
- If your profits from the business exceed $3,500, you may have a CPP obligation.
- Repayments of RRSP HBPs or LLPs.
- Repayments of OAS or employment.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca or 416-489-7800, ext. 227.

Words from the moneywise

SmartCookies

smartcookies.com

When we made the decision to get our financial lives in order, the first thing we did was spend hundreds of dollars on money guides. Sound crazy? It was. So to save you from this mistake, we've compiled a list of our favourites. Now of course, the No. 1 must-have is Smart Cookies' Guide to Making More Dough (wink, wink), but here are our top picks.

Andrea's Pick:

Suze Orman's 2009 Action Plan, by Suze Orman

Suze Orman is known for her no-nonsense smackdown style, and this book is no exception. 2009 Action Plan, is a simple, step-by-step guide on how to get back on track and into financial shape if you've fallen off the wagon due to the present economic disaster. Plus, it's half the price of a regular financial book in book stores.

Sandra's Pick:

Make Money Not Excuses, by Jean Chatzky

Prior to becoming Smart Cookies, we had excuse after excuse as to why we just couldn't save, invest, or make more dough. After reading this book we realized that a: we weren't alone (the author even shares her own money mistakes!), and that b: confronting our money mishaps was the first step in reaching financial freedom. Plus, you'll love the simple solutions to your everyday money concerns.

Angela's Pick:

Smart Women Finish Rich, by David Bach

In the early days of our money group this was our guide (we even took part of the title to create our name!) When reading this book, I started to think about my money not as a number in the bank or a source of stress but as a means to living my richest life (in all senses of the word.) It's a step-by-step guide to becoming a financially savvy and self-sufficient woman and every Smart Cookie should read Smart Women Finish Rich!

Katie's Pick:

Freakonomics, by Stephen Dubner and Steven Levitt

I am a sucker for a good storyteller. And a book that can analyze different socio-economic phenomena in a humorous and engaging way will definitely earn my respect. Freakonomics examines what people will do to get what they want. And while it's not your typical financial how-to book, it does offer some great lessons on questioning the different financial incentives we encounter.

Robyn's Pick:

The Wealthy Barber, by David Chilton

Although it's been 20 years since this book was first published, the core concepts continue to ring true. Chilton was certainly not the first to introduce the idea, however he certainly made it clear that paying yourself first is one of the fundamentals in living your richest life. As a book that has sold nearly three million copies, and is the best-selling Canadian book of all time, Chilton's concepts are definitely well respected within the financial field.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing
Allan Small

What will get the market moving ahead in 2009? Read this week's column at metronews.ca

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Dempster out for WBC

Ryan Dempster, left, has bowed out of Team Canada for the World Baseball Classic. Fellow Chicago Cubs teammate and B.C. native Rich Harden was named to the 45-man provisional roster released yesterday, but shoulder concerns could put his participation in doubt. **METRO NEWS SERVICES**

Sports

LeBron, Kobe toe to toe

LeBron James and the Cleveland Cavaliers visited Kobe Bryant and the Los Angeles Lakers for the first time this season last night. For a complete game recap, visit www.metronews.ca/sports.

JOHN.CHICK@METRONEWS.CA

Ward blanks Leafs

NHL RESULT

Hurricanes 2 Maple Leafs 0

VS

NATHAN DENETTE/THE CANADIAN PRESS

Cam Ward of the Hurricanes keeps his eye on a shot from the Leafs' Jiri Tlusty last night.

It was a happy homecoming for Paul Maurice.

The Carolina Hurricanes coach earned a victory in his return to the Air Canada Centre last night as Cam Ward made 35 saves in a 2-0 victory over the Toronto Maple Leafs.

The Maple Leafs were held off the scoreboard at home for the second straight home game — it's now been 127 minutes 51 seconds since they've found the back of the net at Air Canada Centre.

That was only part of the bad news for the team last night. Leafs coach Ron Wilson said after the morning skate that he expected to have defenceman Mike Van Ryn back in the lineup for the first time since Dec. 18.

However, Van Ryn failed to pass a baseline test to clear the way for his return from a concussion and remained sidelined.

THE CANADIAN PRESS

Raps fall to undermanned Hawks

NBA RESULT

Raptors 84 Hawks 87

VS

GREGORY SMITH/THE ASSOCIATED PRESS

Hawks guard Joe Johnson pulls down a rebound against Toronto Raptors forward Jason Kapono yesterday.

Joe Johnson scored 28 points, including a key jumper with 12.5 seconds left, and Mike Bibby added 23 as the Atlanta Hawks rallied to beat the Toronto Raptors 87-84 yesterday afternoon in a Martin Luther King day matinee in King's hometown of Atlanta.

Josh Smith, the Hawks' only healthy regular up front, had 22 points and 14 rebounds.

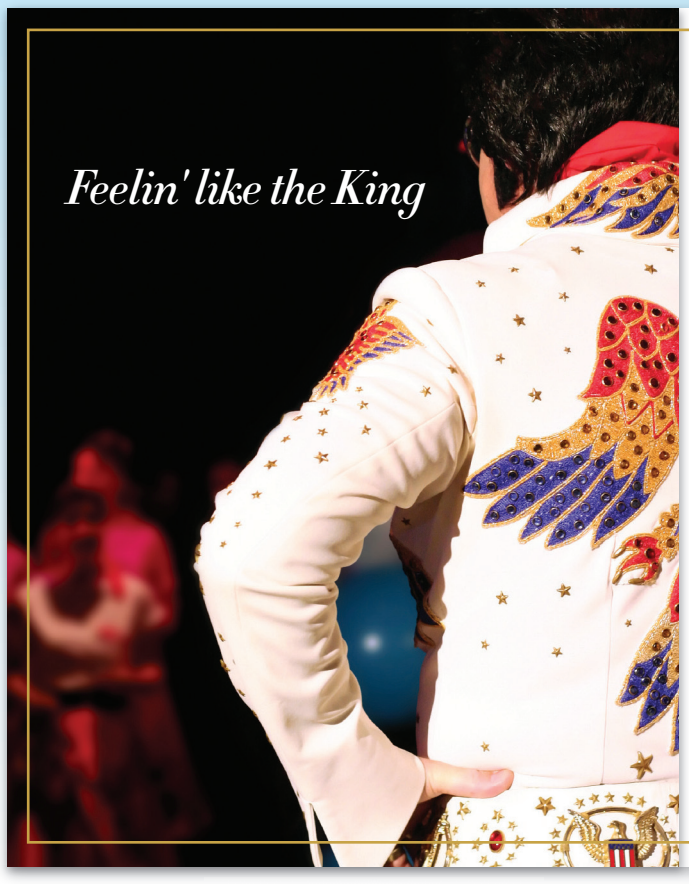
Chris Bosh had 22 points and 14 rebounds, and Andrea Bargnani had 20 points and 10 rebounds as the Raptors lost their sixth in a row. They were again without point guard Jose Calderon (right hamstring strain) and centre Jermaine O'Neal (sore right knee). Anthony Parker's jumper with 2:20 left gave Toronto its last lead at 84-82. Two free throws by Bibby gave Atlanta an 85-84 lead. A missed jump shot by Jamario Moon with 33 seconds left set up Johnson's fallaway jumper.

Jason Kapono missed an awkward jumper in the final seconds after the Raptors almost lost the ball on their final possession.

The Raptors led by 11 points late in the first half, but the short-handed Hawks, playing without Al Horford and Marvin Williams, found a way back.

THE ASSOCIATED PRESS

AIR CANADA VACATIONS



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Wake signs with Dolphins
The CFL has lost its best defensive player to the NFL. Cam Wake has signed a four-year deal that could be worth $5 million US with the NFL's Miami Dolphins. The deal makes Wake the highest-paid option-year player ever to leave the CFL for the four-down league. Wake recorded 39 sacks in 38 regular-season games with the B.C. Lions. METRO NEWS SERVICES

Pinball appears to be out as Argonauts CEO

YorkReport

Marty York

marty.york@metronews.ca

Michael (Pinball) Clemons, arguably the most popular figure in Toronto's sports history, is likely out as the Argonauts' CEO, sources tell Metro.

Clemons, they say, might remain with the Argos in a front-office and/or ambassador capacity but his agent, Gil Scott, isn't sure.

"I really don't know what's going on with Pinball," Scott said. "I can't get a straight answer."

Neither Clemons nor Argos co-owners Howard Sokolowski and David Cynamon could be reached by Metro yesterday. General manager Adam Rita was contacted at the Senior Bowl in Alabama, where he is scouting, but his cellphone disconnected after he was asked about Clemons and it went straight into voice mail the rest of the afternoon.

While Clemons may be mulling over a non-executive offer from the Argos, the sources say ownership is close to hiring a new CEO.

Clemons, 44, became the Argos' head coach during the 2000 season after a legendary playing career in Toronto that started in 1989 and landed him in the Canadian Football Hall of Fame. He finished with a coaching record of 68-55-1 and led the Argos to the Grey Cup championship in 2004. He was appointed CEO before the 2008 season and hired his defensive co-ordinator, Rich Stubler, as his head coaching successor. He also was responsible for trading for quarterback Kerry Joseph, who was chosen the CFL's top player with the Saskatchewan Roughriders in 2007.

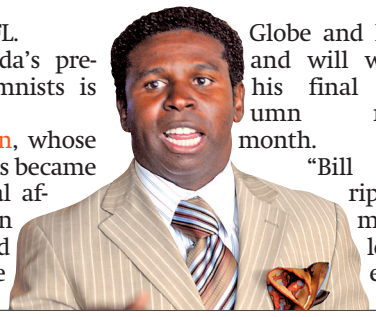
Both Stubler and Joseph flopped. Clemons fired Stubler in mid-season and replaced him with Don Matthews, who went 0-8. The Argos finished 4-14 and out of the playoffs. Sokolowski and Cynamon, unhappy with Clemons' CEO performance, offered him the chance to return as head coach but he refused, sources said.

Last week, when the Argos hired ex-NFL assistant Bart Andrus, Clemons wasn't consulted and didn't attend the news conference that introduced the team's newest head coach.

• Rita, incidentally, tried to influence Andrus to hire longtime CFL coach Dave Ritchie as the Argos' defensive co-ordinator because of his Canadian experience, but sources suggest Andrus is choosing instead to hire a friend from the NFL.

• One of Canada's premier sports columnists is retiring early.

William Houston, whose Truth and Rumours became must-read material after it launched in 1991, has accepted a buyout from The Globe and Mail and will write his final column next month.



"Bill ripped me a lot early in my career, but he made me better," CBC sports reporter Elliotte Friedman said. "He was fair."

From ex-TSN and Sportsnet anchor Jim Van Horne: "He made the media look over their shoulders and forced them to be honest."

Steelers by 7

• The Pittsburgh Steelers have been established by oddsmakers as seven-point favourites over the Arizona Cardinals for the Super Bowl in Tampa Bay on Feb. 1.

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Metro Workology exclusive: Curtain Call
Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death there are some interesting, lucrative and mysterious career opportunities; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and Metronews.ca/work as well.

Workology

Lower tuition in U.S.?

A number of U.S. institutions are boosting their out-of-state recruitment efforts by offering prospects in-state tuition rates — an initiative driven by the economic downturn.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Cleaning up after the police

Curtain Call

ROBYN YOUNG
for Metro Canada

"Some ... came away realizing that they did not want to get involved in this sort of work." Glen Oxford on a training program for crime-scene cleanup

ROBYN YOUNG/FOR METRO CANADA

A crime scene involving the murder of a 13-year-old Mississauga girl at the beginning of December.

Cleaning up a crime scene is just one of those jobs: It's messy but somebody's got to do it.

Few people realize that after the fingerprints have been lifted, the fabrics DNA-tested and blood samples swabbed, your friendly neighbourhood insurance claims adjuster steps in to make it all go away.

Glen Oxford is the national property manager in claims for the Co-operator's Group and he's seen his fair share of crime scenes.

"In one case, it was a whole family that was murdered and you can't totally remove that from your own thoughts so it can be difficult," he said.

Most standard property insurance plans cover damage caused by "malicious acts," said Oxford, but a lot of people don't make the connection that includes assault, vandalism and even murder.

Insurance companies hire contractors to do the cleanup, but claims adjusters still have to deal with the families and sometimes have to be on scene to check out the damage.

"You obviously try and be compassionate with them (family members) because they've just gone through a tragic loss," Oxford said.

Like many in the property insurance and disaster restoration fields, Oxford once participated in an intensive trauma-scene recovery seminar.

The Center for Disaster Recovery in Barrie is one of the only training facilities in Canada that offers a course on dealing with trauma scenes and bloodborne pathogens.

Oxford said he vividly remembers the two-day workshop.

"Without a doubt it did play into the psyches of some of the individuals involved and they came away from that realizing that they did not want to get involved in this sort of work," he said.

A section of a warehouse was set up to look like a child's bedroom, following a murder.

Stephanie Beattie teaches the course and she said it's intended to guide students through the safe handling and clean up of blood using animal blood and tissue.

Participants suit up in personal protective gear and use the techniques they've learned in class to restore the room as effectively and safely as possible.

"The key is safety," Beattie said.

The course teaches participants how to use different chemicals to remove stains from various materials, when something is salvageable and when it's not, and how to deal with the psychological effects of a trauma-scene clean up.

Stephan Roy is the manager of disaster restoration for ServiceMaster of Canada, which specializes in disaster-scene restoration. He says there's some satisfaction in knowing you've helped the other victims of a tragedy — the ones left behind, he said.

"It's not for everybody," the Toronto-based manager said. "But somebody has to be there (for) them."

Through courses at the Center for Disaster Recovery, professionals can earn IIRC accreditation (Institute for Inspection, Cleaning and Restoration Certification).

For more of the Curtain Call exclusive series check the Workology section Mondays, Tuesdays and Wednesdays or stop by Metronews.ca/work

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'Grief ... touches all of us'

Curtain Call

NOELLE MUNARETTO
for Metro Canada

Death is an inevitable part of being blessed with life. But when someone you love dies, coping with the emotional whirlwind of loss can often make living your own life more difficult.

As the director of The Canadian Centre for Bereavement Education and Grief Counselling, trauma and grief therapist Pam Fitzgerald has spent 20 years helping people understand the dynamics of that loss.

"Grief is something that touches all of us," she says. "What I do is work with people to have them work with the pain."

Fitzgerald insists that although it is impossible to fully accept the death of a friend or family member, counselling is an essential part of the grieving process that people should view as a positive step towards self-healing.

NOELLE MUNARETTO/FOR METRO CANADA

Trauma and grief therapist Pam Fitzgerald has spent 20 years helping people through their loss.

"We never get over (death)," she said. "The whole point when I work with grief is to decrease the impact of the emotional pain — focusing on living in the now without forgetting the past."

Though Fitzgerald started out as pediatric nurse at Toronto's Hospital for Sick Children, she eventually became more interested in providing ongoing aftercare for the families of her young patients who faced a loss.

She went back to university and completed postgraduate studies in trauma. After her training in psychotherapy, Fitzgerald travelled the world learning different practices including hypnosis and energy healing.

"I was laughed at and kind of called a witch," she says chuckling, looking back on the early days of her career when those forms of therapy weren't as widely accepted as they are today. "But I look more for the cause as opposed to just treating the symptoms, because we are more than the sum of our parts.

"What I do is work with people to have them work with the pain."
Grief counsellor
Pam Fitzgerald

"Everything is energy. If we don't move that energy we create energy blocks and we create dis-ease," adds Fitzgerald.

Since many of her clients have experienced extreme trauma such as suicide, sexual abuse, murder or other violent death, Fitzgerald acknowledges that hearing their stories on a day-to-day basis affects her own emotions too.

"Anybody that is going to be in this line of work needs to have really good self-care," she says, revealing that even she visits a counsellor. "I practice what I preach."

Fitzgerald's office is also filled with hope. The delicate angel statues, photos, paintings, and comic strips found around the room are thank you gifts from people she has helped. These remind Fitzgerald of the best part of her career; watching people who have been touched by grief realize they are not broken beings but whole ones.

"I see when we're dropped to our knees in pain it's the opportunity for spiritual awakening and to take back our power," she says. "We can never truly learn to live unless we confront death."

For more of the Curtain Call exclusive series check the Workology section Mondays, Tuesdays and Wednesdays or stop by Metronews.ca/work

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Budget cut not expected to affect constructing, growth at Laurier Brantford

A $31-million operating budget cut at Wilfrid Laurier University may mean a hiring freeze at the university's Brantford campus, but it will continue to add new students and develop new courses. Capital projects at the campus will go ahead as planned as well. METRO NEWS SERVICES

Bad management tops reasons employees quit

EMPLOYMENT When top performers decide to jump ship, managers may want to consider a little self-reflection, a recent survey suggests. More than one-third (35 per cent) of executives interviewed said good employees are most likely to quit their jobs because of unhappiness with management. This is up from 23 per cent when the question was asked five years ago. Limited opportunities for advancement was the second most common answer, cited by 33 per cent of respondents, according to the Robert Half International survey.

METRO NEWS SERVICES

University applications top record set in 2008

A tough economy is being cited as the reason behind record-level university application numbers in Ontario.

The Council of Ontario Universities says 84,300 applications have been submitted this year — a 1.1-per-cent increase over a record set in 2008.

The council says the figure is 42 per cent higher than the 59,197 applications made in 2000.

Peter George, chairman of the Council of Ontario Universities, says more people see a university degree as key to a successful career, "Particularly when economic conditions are challenging."

The only year with a higher total was the "double cohort" year of 2003.

That's when 102,618 students applied to universities after the cancellation of OAC year, causing two classes to graduate in the same year.

Around 84,300 people applied for university this year.

The council said the number of people applying for university typically increases during economic downturns.

"Applicants know that this is a good time to attend university and get that degree or to upgrade their skills," Paul C. Genest, council president, said in a release.

Last year, around 84,000 high school students applied for 64,000 spots at Ontario's 20 universities.

Grade cut-offs change every year, and vary for each program in each institution. Last year, most schools made offers to students with minimum grades averaging in the mid-'70s or '80s.

"Applicants know that this is a good time to attend university and get that degree or to upgrade their skills."
Paul C. Genest

Several stringent programs made offers only to students whose average grade was in the low to mid-90 range. Those programs included McMaster University's health sciences, York University's Schulich School of Business and biotechnology at the University of Waterloo.

Some universities begin making offers of admission as early as February, but most institutions send out rolling offers until late May. THE CANADIAN PRESS

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EMPLOYER'S CHOICE FOR SKILLED TRADES

High post-secondary education cost behind textbook piracy in Toronto
According to a Toronto Star investigation, the high cost of university textbooks — and PSE in general — is driving local students and copy shops to violate federal copyright law. The Star found 10 copy shops near Ryerson University and the University of Toronto offering services to duplicate full textbooks. METRO NEWS SERVICES

Transferable skills paramount

JOSEPHINE LIM
for Metro Canada

Emotional intelligence skills — a person's personal, social and emotional skills — are a big part of what a person needs to succeed in life, says Colleen Clarke, a career specialist.

With the current economic situation, she says these are transferable skills that will help a person move from one job to another.

"Well, first of all, you can't get anywhere if you don't know the skills of the job," says Clarke, with monster.ca.

"But over and above those skills are your emotional intelligence skills."

These include a person's ability to get along with other people and to build and maintain relationships.

More to know

- Other skills Martin Buckland, of Elite Résumés, suggests are being multilingual, being ambitious, being able to handle stress and being able to communicate.

"We all have these skills," says Clarke, a corporate trainer in Toronto. It's a matter of developing them and finding out where your strengths and weaknesses are.

There are many ways to attain these skills, from something as easy as reading a book or taking a course to going for therapy, asking a boss or colleagues for insight and taking an emotional-intelligence test.

The first step, however, is to become self-aware.

"Hold up the mirror. Be a fly on the wall," says Clarke. "Pay attention to how people respond (to you) and watch the results."

Depending on the occupation, some of these skills are more important than others.

Martin Buckland, the president of Elite Résumés and career adviser, says that people with problem-solving skills who are analytical and detail-oriented lean toward engineering or IT careers. While being aggressive is more for sales or marketing careers.

He says he looks towards a client's daily life for transferable skills when helping them put a resumé together.

"Sports tell you a lot about a person, whether you do an individual sport or a team sport," says Buckland. "If you're a runner you're basically more individualistic. If you play soccer and other games then you're more of a team player."

Whether a person has been born with these or accrued them during their lifetime, it's important that people keep on learning.

"It's no good these days to just rest on your laurels and think, 'I've finished high school and college and there's no need for learning,'" says Buckland. "That's a fallacy. You need to show you're in a learning mode. It puts you in a better position."

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Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Childhood diet alters hormones

Early eating habits can lead to obesity, diabetes: Study

Children scarfing down lip-smacking goodies instead of their fruits and vegetables may be setting themselves up for a lifetime of battling the bulge or even Type 2 diabetes, new research suggests.

Researchers at the University of Calgary used rats in experiments to show that diet in childhood and adolescence can permanently alter how genes react and cause changes in hormones that make you feel full.

This suggests that what you eat as a child can have a huge impact on health later in life, said author Raylene Reimer.

The researchers fed baby rats three different diets from a very young age: one with high protein, one with high fibre and one balanced.

When the rats reached adulthood they were fed a high-fat, high-sugar diet mirroring typical North American eating habits — including sugar, lard and soybean oil.

All the rats were allowed to indulge in as much junk food as they wanted. It turned out that those reared on the high-protein diet wanted a lot more — and gained much more weight and body fat — than those rats that were fed the high-fibre diet as youngsters. Those rats eating the normal, balanced diet — which Reimer said would be like following Canada's Food Guide — stayed almost as slim as the fibre group.

"What we saw was very striking in terms of their body weights," said Reimer. "We saw that the high-fibre diet was actually protective against obesity, whereas the high-protein diet was very much promoting obesity later on in life."

Reimer says it comes down to how the genes we are born with are expressed. We can't change our genetic makeup, but we can influence how our genes will react. For example, someone who is fed well in childhood will probably grow taller than someone who's malnourished — even if both start out with the same genetic base.

ISTOCK PHOTO

Research shows that childhood diets can alter for life the production of hormones that help us to ascertain when we are full.

In the study, the high-fibre diet caused an increase in the activity of a gene that controls the release of hormones that make you feel full.

"The diets actually affect your gene expression that then causes your body to react different. It changes the biology of your body."

The results could explain why some people find it impossible to shed extra pounds despite dieting and exercise, while others never seem to gain an ounce, said Reimer.

A 2007 Statistics Canada survey found 16 per cent of adult Canadians were obese based on their reported weights and heights, and 32 per cent were overweight.

"This might be an explanation, first, of the rapid rise in obesity rates that's occurred, and also why some individuals find it very much more difficult to control body weight and prevent weight gain."

Reimer said the message from her study is that everyone, including children and pregnant women, needs to eat a balanced diet full of whole grains, fruits and vegetables.

Most people only get about half the fibre they need in a day, something research has shown again and again can lead to problems, she said.

"That can have implications for body weight (and) for Type 2 diabetes. Cancer, as well, has been linked to dietary fibre intake."

THE CANADIAN PRESS

Author explains mind-body connection of weight gain

JOSEPHINE LIM
for Metro Canada

BOOK Toronto-based author Stacey Grieve offers a different look at weight-loss with her newest book, Why Are You Weighting?, which is set to launch today.

The book discusses the mind-body connection that comes with weight loss and offers readers a new method to lose those unwanted pounds and keep them off.

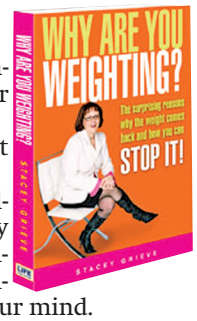
Grieve writes about how our bodies are pre-programmed to gain the lost weight back, but with her system this can be reprogrammed with no pain and deprivation.

Why Are You Weighting? is based on her own experiences as she struggled with weight loss in the past. Growing up overweight, she tried many diets over a 20-year period. To her dismay, none of them kept their results and after six to 12 months she'd end up weighing more than before the diet started.

Meet the author

- Meet the author in person at Ben McNally Books, 366 Bay St. today from 6 to 8 p.m.

Her book is suited for anyone looking to maintain their ideal weight. It tackles this challenge by first gaining control of your mind.

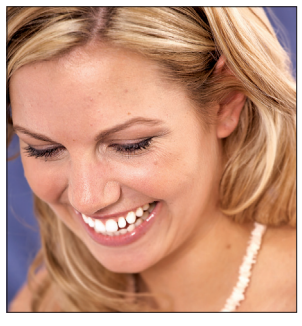


Her book is on sale at her website at whyareyouweightingbook.com for $21.95.

Unique tips for whiter teeth

BEAUTY Pro makeup artist Andrea Claire, whose work has appeared in Elle (Singapore edition) and TV's Stylin' Gypsies, has an unusual tip for making teeth look whiter: A tiny bit of red food colouring gently rubbed into gums with a soft toothbrush. "It's quirky, but really works," she says. "It won't stain your teeth; instead it makes gums look a healthy red, which makes teeth appear whiter."

Food colouring aside, Claire's favourite smile-enhancing lip colours are Benefit Benetint, Face Atelier Lipstick in Red Fuchsia ($22, 4 g) and M.A.C Lipstick in Red.



JANINE FALCON/FOR METRO CANADA

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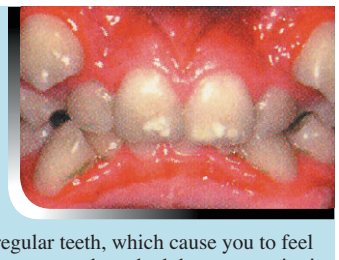

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Health in brief

C-SECTIONS Babies do better after a scheduled caesarean section if they're born no sooner than seven days before their due date, a large study of U.S. births suggests. Those delivered earlier had more complications, including breathing problems, even though they were full term, the researchers reported. Even just a few days made a difference, they said.

THE ASSOCIATED PRESS

Exfoliate your lips
Give lips the ultimate treatment with Biotherm's Nutrisource Lips, $20, a creamy balm enriched with a smoothing sugar derivative to help gently buff away flaked skin. Available at Biotherm cosmetics counters. **METRO NEWS SERVICE**

Keep your pucker supple

Water and lip balm key in avoiding chapping

JOSEPHINE LIM
for Metro Canada

With the cold, dry, winter settling in, your lips are in danger of becoming chapped.

"Lips don't have oil glands or sweat glands," says Suzanne Hay, a medical skin care specialist at the Rosedale Dermatology Centre in Toronto. "There is a lack of moisture in the winter that causes them to dry up. There's no protective layer."

This is especially common during the winter because of indoor heating and even snow reflected by the sun's rays can contribute to chapped lips.

So how do you keep those lips plump and good-looking?

1) Drink lots of water.

2) Use lip balm with the right ingredients. "There are a lot of lip balms available, but the key is in the ingredients," says Hay. "Look for lip balms that have nourishing essential oils." She says those with lavender, jojoba oil, shea butter and aloe vera, as well as antioxidant vitamins A, C and E are good for your lips.

She also says you can apply olive oil, Vaseline and honey to your lips every couple days.

On the flip side, she says to avoid balms that contain peppermint and menthol because they can cause irritation and make your lips dry.

3) Avoid very dry lipsticks. "Lip glosses are ok, but can rub off on scarves," says Hay. "It's better to use a more sheen type of lipstick with gloss."

4) Don't lick your lips. "Saliva makes the lips moist, but it's…temporary," says Hay. "It feels soft, but then a minute later they'll feel dry."

Instead, she suggests exfoliating with a glycolic acid cream (which you can apply directly on your lips) to get the dry skin off. She recommends the brand Neostrata or Dermatologic Cosmetic Laboratory (DCL), which you can get from your dermatologist in either 10 per cent or 20 per cent. Alternatively, you can also brush lips with a toothbrush and warm water.

So follow these tips and keep your lips lip-smacking good!

"There are a lot of lip balms available, but the key is in the ingredients ... Look for lip balms that have nourishing essential oils."
Suzanne Hay, medical skin care specialist

Don't let winter's harsh elements leave you dry lipped. Keep your pout hydrated by drinking lots of water, using lip balm with key ingredients like vitamin E and avoid licking your lips.

Lip savers

• The Kiehl's Lip Balm #1 helps protects lips from the drying effects of wind and cold weather. Its key ingredients are petrolatum, allantoin, vitamin and aloe barbadensis leaf extract. Price: $8.50. Available at Kiehl's store, 407 Queen St. W. and 2518 Yonge St.

• Fresh's Sugar Lip Gloss offers pretty protection with ingredients like shea butter, jojoba oil, grape seed oil, black currant seed oil and vitamin E. Price: $31. Available at Sephora (1-877-SEPHORA).

• Yes to Carrots C Me Smile lip butters are paraben-free, 100 per cent natural and 95 per cent organic. Available in berry, mint and carrot flavour, they include jojoba, vitamin E and shea butter. Price: $4.99. Available at Shopper's Drug Mart.

METRO NEWS SERVICE

Go sour with your bread

Sourdough, the bread that fuelled Klondike prospectors, may truly be worth its weight in gold. A recent study from the University of Guelph shows it doesn't spike blood sugar and insulin levels as much as white bread or whole-wheat varieties do. **BEST HEALTH MAGAZINE**

Your hair's health

Can products or diet really make your hair smoother?

ANNE MULLENS
for Metro Canada

Once dismissed as a trivial pursuit, hair research has been burgeoning over the past 15 years, resulting in increased understanding about the complex biology and chemistry of human hair.

"Hair is now recognized as an important mini-organ system that gives all sorts of indications of health," says Dr. Jerry Shapiro, clinical research director of the hair research laboratory at the University of British Columbia's department of dermatology and skin science.

What Can Go Wrong

Dull, lifeless, brittle and damaged hair can be the result of three things: your health, your habits and your genes. You can't do anything about your genes, but you can about the rest.

"One of the most important first steps to healthy hair is to eat a healthy, well-balanced diet," notes Shapiro. Vitamin B and zinc deficiency, although rare, can undermine hair strength, thickness and gloss. And iron deficiency, such as through anemia, is one of the most common preventable causes of weak or thinning hair. These dietary improvements could benefit the health of your hair in about six months, says Shapiro.

However, "most hair damage is because of chemicals and heat," notes Dr. John Gray, a U.K.-based physician, author and expert in hair science who is also a consultant to P&G Beauty, a leading hair-care product manufacturer. Both of these assault the cuticle and strip the f-layer. Here's how: Hot hair dryers on wet hair can actually boil the moisture under the cuticle, causing blistering in the cortex and lifting of the cuticle. The chemicals in bleaches, colourants, perms, relaxants and even swimming pools can strip the f-layer, lift the shingle-like ridges of the protective cuticle and weaken the hair shaft, promoting dryness and ultimately breakage.

How To Reverse The Damage

The really new science is moving away from the traditional oil-based methods — instead, it is altering hair's electrical charge. Neutralizing the negative charge can smooth the shaft without making hair heavy, limp or oily, and is a key concept behind breakthroughs in shampoos and conditioners over the past decade.

Companies carefully guard their formulas, but we do know that two main types of targeted conditioning ingredients can be added to shampoos or conditioners. They work individually or in combination to mimic the stripped f-layer, smooth the roughened cuticle and neutralize hair's negative charges without adding heavy oils.

Iron deficiency, such as through anemia, is one of the most common preventable causes of weak or thinning hair.

These two ingredient types are silicone derivatives and cationic polymers (which are any kind of long molecules with a positive charge). Amino silicones and positively charged silicone derivatives, such as bis-aminopropyl dimethicone, selectively deposit tiny particles into the lifted cuticle, improving smoothness and reflectivity. Guar gum derivatives and other cationic polymers — with mouthful names like guar hydroxypropyltrimonium chloride and polyquaternium—neutralize the negative charge. Positively charged particles also home in on where the negative charge — i.e., damage — is greatest, such as at hair ends, unlike the oil- and fat-based ingredients of the past.

besthealthmag.ca

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LUCAS OLENIUK/TORSTAR NEWS SERVICE

Limit TV watching for children aged two and under, says a study. Pictured: Julie Lieberman, 2, completes a puzzle with her mother, Naomi, and four-month-old sister Samara in their Toronto home

All TV harms baby brains

RESEARCH It took just a few hours of watching CNN while cradling his colicky son to make Dr. Dimitri Christakis suspect parents should severely limit the time infants watch TV.

And now he hopes 25 years worth of research will finally prove it.

In one of the most extensive reviews of its kind, the Seattle pediatrician says infant-aimed DVDs such as Baby Einstein, and even award-winning kids' shows like Sesame Street, can do more harm than good to children under the age of two.

In fact, the sensory overload of all those colours, sounds and sights — be it Big Bird or Baby Mozart — may be at least partly to blame for the tenfold increase in cases of attention-deficit/hyperactivity disorder (ADHD) in the past 20 years. It now affects between five and 20 per cent of American children.

He even accepts some of the blame. He believes scientists such as him have helped create the trend.

"There is now an obsession with having smart kids," Christakis said in a telephone interview.

"I think we scientists have managed to convince people, rightly, that these early years are really important. But the problem is we've created a neurosis around optimizing them and that's spawned industries that essentially now prey on people's obsession and fear."

In 1971, the average age that children started watching TV was four years old. Now, it's four to five months, he says.

TORSTAR NEWS SERVICE

The statistics

- Nine out of 10 children under the age of two watch TV regularly – some spend up to 40 per cent of the daytime in front of the tube – "despite ongoing warnings" from the American Academy of Pediatrics that they shouldn't.

TORSTAR NEWS SERVICE

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Women over 40 don't leave home without makeup: Survey

A recent Harris/Decima survey, commissioned by Restylane, reveals that a shocking 64 per cent of Canadian women over 40 would hesitate to leave the house without makeup, with 32 per cent refusing to face the world bare. METRO NEWS SERVICE

Estrogen in your moisturizer?

CELIA MILNE
for Metro Canada

Moisturizers — particularly ones that "rejunevate" your skin — may contain estrogen without mentioning it in the ingredient list. This was the conclusion of a small study in the U.S.

For the study, 16 moisturizers were analyzed in a laboratory to see if they contained estrogen. The creams were all commonly available, and ranged in price from $10 to $100. Six of them contained measurable levels of estrogen. Yet none listed estrogenic hormones on the label.

This means that women may be exposing themselves to small amounts of estrogen without knowing it.

The leader of the study was Dr. Adrienne Olson, a doctor of pharmacy and a survivor of a type of breast cancer called estrogen-receptor positive breast cancer, which is exacerbated by higher levels of estrogen in the body. She wondered during her own breast cancer treatment if she and other women might be dousing themselves daily with extra estrogen through their moisturizers.

She suspected that products promoting a youthful appearance might contain estrogen.

Olson, a volunteer for Breastlink in Long Beach, Calif., collected the 16 samples and sent them to a research laboratory where they were analyzed for the presence of estradiol, estrone and estriol. Her collaborators in the study were Dr. John Link (MD) and Dr. Tom Kupiec (PhD) of Analytical Research Laboratories in Oklahoma City, Okla.

"As an (estrogen-receptor) positive breast cancer survivor, I am now choosing to use baby oil — until further data is available."
Dr. Adrienne Olson, a doctor of pharmacy

One of the products was found to contain estrone and five of them contained estriol. Other products may contain lower levels of estrogen not detected in this test, said Olson.

It is not clear whether skin exposure to estrogens has an influence on ER-positive breast cancer, but Olson errs on the safe side.

"As an ER-positive breast cancer survivor, I am now choosing to use baby oil — until further data is available," she told Metro in an e-mail message.

Olson presented her study at the San Antonio Breast Cancer Symposium in late 2008. She did not give out brand names of estrogen-containing products because companies frequently change their formulas.

The main purpose of the study was to encourage the cosmetics industry to produce moisturizers free of estrogen and label them as such. Right now, she said, goverment monitoring of ingredients in these products is spotty and inconsistent.

Olson also hopes that moisturizers will be further scrutinized by experts. "We need others in the scientific community and the USFDA to repeat and expand upon these numbers," she said.

ISTOCK PHOTO

In a recent U.S. study of 16 moisturizers, six of them contained measurable levels of estrogen. Yet none listed the hormones on the label.

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What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

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Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
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Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: .....one capsule per day

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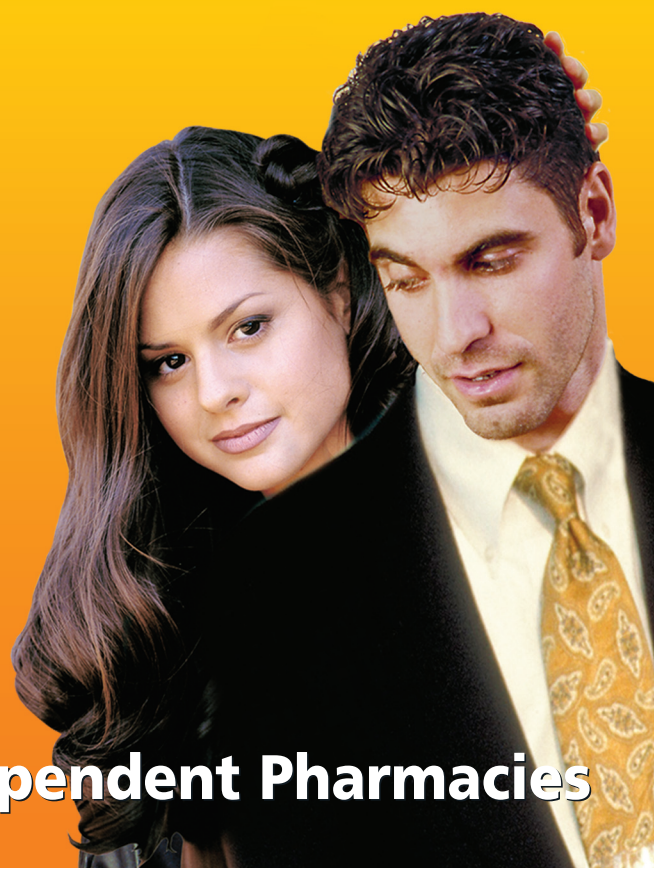

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The first step to a healthy weight loss

Part 5

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Women more likely to overeat: Study

Faced with their favourite foods, women are less able than men to suppress their hunger, a discovery that may help explain the higher obesity rate for females, a new study suggests.

New research shows men and women's brain activity differs when responding to food.

Researchers trying to understand the brain's mechanisms for controlling food intake were surprised at the difference between the sexes in brain response.

Gene-Jack Wang of Brookhaven National Laboratory and colleagues were trying to figure out why some people overeat and gain weight while others don't.

They performed brain scans on 13 women and 10 men, who had fasted overnight, to determine how their brains responded to the sight of their favourite foods. They report their findings in last Tuesday's edition of Proceedings of the National Academy of Sciences.

"There is something going on in the female," Wang said in a telephone interview. "The signal is so much different."

In the study, participants were quizzed about their favourite foods, which ranged from pizza to cinnamon buns and burgers to chocolate cake, and then were asked to fast overnight.

The next day they underwent brain scans while being presented with their favourite foods. In addition, they used a technique called cognitive inhibition, which they had been taught, to suppress thoughts of hunger and eating.

While both men and women said the inhibition technique decreased their hunger, the brain scans showed that men's brain activity actually decreased, while the part of women's brains that responds to food remained active.

"Even though the women said they were less hungry when trying to inhibit their response to the food, their brains were still firing away in the regions that control the drive to eat," Wang said.

Nora Volkow, director of the National Institute on Drug Addiction and a co-author of the paper, said the gender difference was a surprise and may be because of different nutritional needs for men and women, although she stressed that idea is speculative.

Because the traditional role of the female is to provide nutrition to children, the female brain may be hard-wired to eat when foods are available, she said. The next step is to see if female hormones are reacting directly with those specific parts of the brain.

THE CANADIAN PRESS

Obesity rates

- According to the Centers for Disease Control and Prevention, 35.3 per cent of American women and 33.3 per cent of men were considered obese in 2006.

THE CANADIAN PRESS

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Intelligence linked to sperm count

The J Spot

A recent study showed that men who scored higher on an intelligence test had more sperm per millilitre.

You may think it's the potential for brilliant conversation that makes intelligence such an attractive trait in a man but it may be that his intellect is a sign of something else: According to researchers, smart guys have higher sperm counts.

The researchers at King's College London, the University of Delaware and the University of New Mexico compared results from intelligence tests given to 425 guys aged 31 to 44. The men also provided sperm samples and upon analysis, the researchers found the men who scored higher on the intelligence test not only had more sperm per millilitre, but their sperm were also better swimmers.

Previous theories believed that highly intelligent men might score less stressful jobs and make better lifestyle choices, resulting in better health and healthier sperm. But, according to the researchers in this study, even the smart guys with poor health had higher sperm counts, causing them to speculate that indicators of intelligence and good sperm may ride in on the same gene float.

But before all you less-than-brilliant lads get down on your little swimmers, take heart in the fact that semen has some other neat tricks up its sleeve besides delivering super sperm. For example, there is evidence that semen can make a girl happy, and not in ways you might think.

Researchers have found that women who regularly had unprotected sex with their partner were less depressed than women who regularly used a condom. Having ruled out other explanations, they think this is because mood-altering hormones in semen are absorbed through the vagina.

Of course, before you go having unprotected sex as a mood enhancer, it goes without saying that an unwanted pregnancy or an STD would no doubt put a damper on your natural high.

And while the health and vitality of a man's sperm may be a going concern (especially if he's trying to have kids), seminal fluid is much more than a spermatozoa carrier. In fact, sperm makes up only about one per cent of its contents. The rest is a complex mix of over 300 components, among them proteins, enzymes, zinc, and fructose and changes in colour, smell, taste or texture may be indicators of health problems, such as prostate infection or other plumbing problems.

So, even if your little tadpoles aren't the best swimmers, it's still important to monitor the quality of the pool water.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Third-hand smoke

CELIA MILNE
for Metro Canada

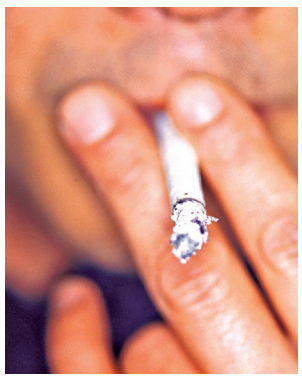
Does the person beside you smell like smoke? The nasty odour that clings to smokers' clothes when they get in the subway now has a name: Third-hand smoke. And this invisible stuff is bad for our health.

Third-hand smoke is essentially the residue left on surfaces after the cigarette is extinguished. It lurks on sofas, clothes, carpeting, food, hair and even skin. It can make people wheeze or make their throats scratchy. And it has a stronger effect on children than adults.

"Understanding that third-hand smoke harms infants and children may help insure completely smoke-free homes and cars," Dr. Jonathan Winickoff from the Center for Child and Adolescent Health Policy at Massachusetts General Hospital in Boston told Metro. "They're getting a higher dose when in contact with surfaces that are coated with these toxic layers."

Dr. Winickoff and colleagues recently conducted a study that showed 65 per cent of non-smokers but only 43 per cent of smokers believe third-hand smoke harms children. Results of the study were published online in the journal Pediatrics on Dec. 29, 2008. Media outlets around the world picked up the new expression used in the study: "third-hand smoke."

The risks of first-hand and second-hand smoke are well-established. Smoking accounts for about 85 per cent of new cases of lung cancer. There are 4,000 chemicals in cigarette smoke, and 50 of them are carcinogenic.



Third-hand smoke — the residue left on surfaces like clothes — can have a strong effect on children.

While the health dangers of third-hand smoke haven't been studied in detail, second-hand smoke exposure increases your chances of developing lung cancer by 25 per cent and heart disease by 10 per cent.

Apple Cider made me lose 16 pounds!

Monique was looking for a healthy way to lose weight and tried Apple Cider 600. She lost 16 pounds in 6 weeks!

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My local pharmacy advised me to take Apple Cider 600, in order to lose fat and retained water. I bought a few boxes and started the diet."

I finally lost weight from my legs!

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Monique, Quebec City

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I have cellulite	☐	☐
My clothes are tight	☐	☐
I don´t drink enough water	☐	☐

These are some clues that your body is retaining more than usual amounts of water. Cut your salt intake and try Apple Cider 600 as a solution!

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Weight loss is not only about losing fat. Water retention also makes you feel overweight and bloated. Your fingers swell, your ankles feel heavy and pants fit tighter. What is the cause? For most of us, we are simply victims of high-sodium processed foods and salty snacks. But women are additionally at risk for water retention, doctors say, because of the rise and fall of hormone levels.

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Serve 'em up, George

Settling into his 15-month stint in a north London prison, Boy George has already landed a job behind bars. The flamboyant singer — who was convicted of falsely imprisoning a male escort — is working in the prison canteen serving food to other inmates, according to South Africa's News 24. METRO NEWS SERVICES

Entertainment

And the winner isn't...

Katy Perry was accidentally presented with the best international song award at France's NRJ Awards in Cannes. The award should have been presented to Rihanna, the BBC reports.

METRO NEWS SERVICES

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Nova Scotia town is next to lose its women

JON TATTRIE
for Metro Canada

When the women left Tatamagouche, N.S., Jimmy LeFresne watched with foreboding. "Once the buses were gone, it was silence, like a void. There was no jumping for joy. Then it kicked in: 'They're gone, so now what?'"

LeFresne, 50, owns the north-shore town's Train Station Inn; he's also the elected councillor. When CBC TV's The Week the Women Went whisked the sleepy community's ladies away to a luxury hotel, they took his staff with them.

"I had to tell the men of the community, 'I need help here!'" he laughs. "I had another councillor come over, I had the local RCMP cooking meals. It was quite something. Some coped very well and some ... struggled, we'll say."

Like many in the 700-person town, LeFresne had a microphone on at all hours. "You tried to be on your best behaviour, but there are times when things just fall about. All of a sudden, you've done something and you think, 'Oh my land, it's on film.'"

He hopes the program will show people Tatamagouche is not the dying East Coast community of stereotypes.

"We're far from that. If a wrench is thrown into the mix, we deal with it," he said. "If you talk to anybody in our community, we don't think it's a slow pace, because we're going full-tilt all the time."

Asked how he thought a Week the Men Went would go, LeFresne burst out laughing. "I think (the women) would notice. There's two sides to the story."

Cal Shumiatcher, the executive producer, says he wanted a "romantic" location in the Maritimes.

"Tata just shone — we had so much fun," he explains from his Vancouver office. "It's wonderful when people open up their lives and show you what they're about."

On TV

- Season 2 of The Week the Women Went starts tomorrow at 8 p.m. on CBC TV.

The women of Tatamagouche, N.S. brave a storm as they leave town for a week of pampering.

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Will Oscar diss The Dark Knight?

FILM The Oscars are at a crossroads and Batman is standing right in the middle of the road. Like the Scarecrow says in The Wizard of Oz (not the Scarecrow in Batman Begins), the Oscars can go this way, or they can go that way.

In recent years, the Academy of Motion Pictures Arts and Sciences has increasingly honoured independent films that haven't exactly done huge box office business. At the same time, moviegoers have been most interested in coming out to see blockbusters — particularly superhero films.

Enter The Dark Knight.

Christopher Nolan's latest Batman installment grossed $531 million US, second only to 1997's Titanic. Not only was it an enormous hit, but it also drew largely glowing reviews, ranking among many critics' year-end top 10 lists. The same could also be said for Iron Man and WALL-E.

But if the academy can't get behind a movie like The Dark Knight that resonated throughout both culture and critics, will it ever rediscover common ground with the mainstream?

WARNER BROS. PICTURES

Both critics and moviegoers adored The Dark Knight, but will commercial success ruin its Oscar night chances?

"If a film is very successful, it shouldn't be automatically relegated to the minor leagues," said Peter Guber, chairman of Mandalay Entertainment and producer of the 1989 Batman.

"It's not a popular vote — it is artistic," he added. "But the reality is, The Dark Knight and Iron Man were the most popular, the most successful and — arguably by me — maybe the most interesting films this year. And they were also the least acknowledged by the artistic community."

Nominations

- The 81st Academy Awards nominations will be announced Thursday at 5:30 a.m. PT in Los Angeles.

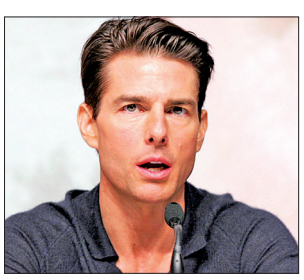
Many Oscar prognosticators believe The Dark Knight will squeak in with a best picture nomination Thursday. Many, though, peg it for the fifth and final spot. The logic is that the big Golden Globes winner Slumdog Millionaire is a shoo-in, and will be followed by The Curious Case of Benjamin Button, Frost/Nixon and Milk.

But Tom O'Neil, a columnist for the awards website TheEnvelope.com, believes the best picture category will come down to a face-off between Slumdog Millionaire and The Dark Knight. There are about 5,800 members in the academy, and O'Neil believes Batman will have strong support from technical craftsmen. "You could just see them picking a Dark Knight because it's a technological achievement," he said. THE ASSOCIATED PRESS

Cruise says he 'always wanted to kill Hitler'

FILM Tom Cruise says playing an anti-Hitler plotter in his latest movie Valkyrie fulfilled a childhood fantasy. In real life, the actor says he harbours feelings similar to his German character, who led a failed plot to assassinate the Nazi leader.

Cruise told reporters in Seoul, South Korea that he "always wanted to kill Hitler," and that as a child he "used to wonder why someone didn't stand up and kill him." Valkyrie opens in South Korea on Thursday, and Cruise's visit marked a rare promotional stop by Hollywood. The industry usually concentrates on the Japanese market. THE ASSOCIATED PRESS

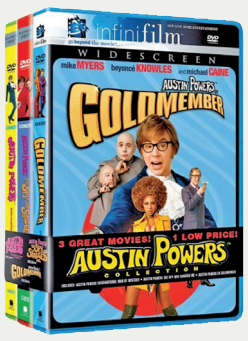


CHUNG SUNG-JUN/GETTY IMAGES

Tom Cruise promotes Valkyrie in Seoul, South Korea.

DVD picks

Austin Powers Collection



Includes: International Man of Mystery, The Spy Who Shagged Me and Goldmember
Rating: PG13

FOR FANS OF Scarborough's Mike Myers, there's a bright side to last year's The Love Guru debacle. Instead of a Love Guru 2, we're now far more likely to see an Austin Powers 4.

Which would be entirely shagadelic, baby. A dozen years ago, as this collected set reminds us, Myers created a classic clown with Austin "Danger" Powers, his time-travelling 007 send-up.

A multi-tasker before the term became tiresome, Myers also created fun villains: Dr. Evil, a pinky-sucking bullet head modelled after the Bond baddie Blofeld; Fat Bastard, an obese Scot with a voracious appetite and horrific toilet habits; and Goldmember, a Dutch roller disco fanatic and mad scientist moulded from Bond's nemesis, Goldfinger.

It all holds up very well, although signs of fatigue were starting to set in by the time Goldmember arrived in 2002.

The Austin Powers series began the same year the DVD was introduced and Myers was smart enough to recognize the value of extras early on. So all three movies come with copious deleted scenes, commentaries, music videos and other attractions. But if extras are your thing, you should grab the Shagadelic Edition on Blu-ray.

TORSTAR NEWS SERVICE

Saw V

Director: David Hackl
Rating: R

THE HORROR franchise that somehow outlives not only its victims but also its perpetrators spills its latest buckets of box-office blood. The new instalment continues the savage games by deceased psycho killer Jigsaw (Tobin Bell) and his "apprentice" (Costas Mandylor). An unrated version of the film is available on DVD and Blu-ray, accompanied by featurettes on the various traps the movie sets for victims, plus commentary with director David Hackl and collaborators.

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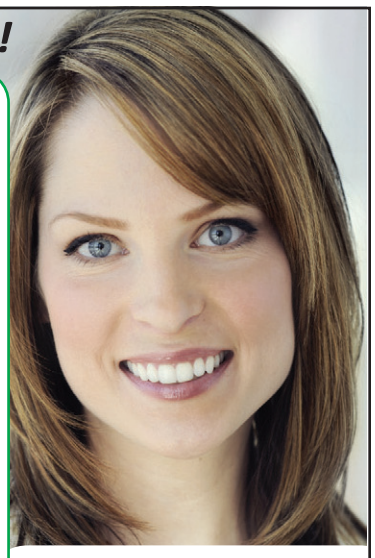

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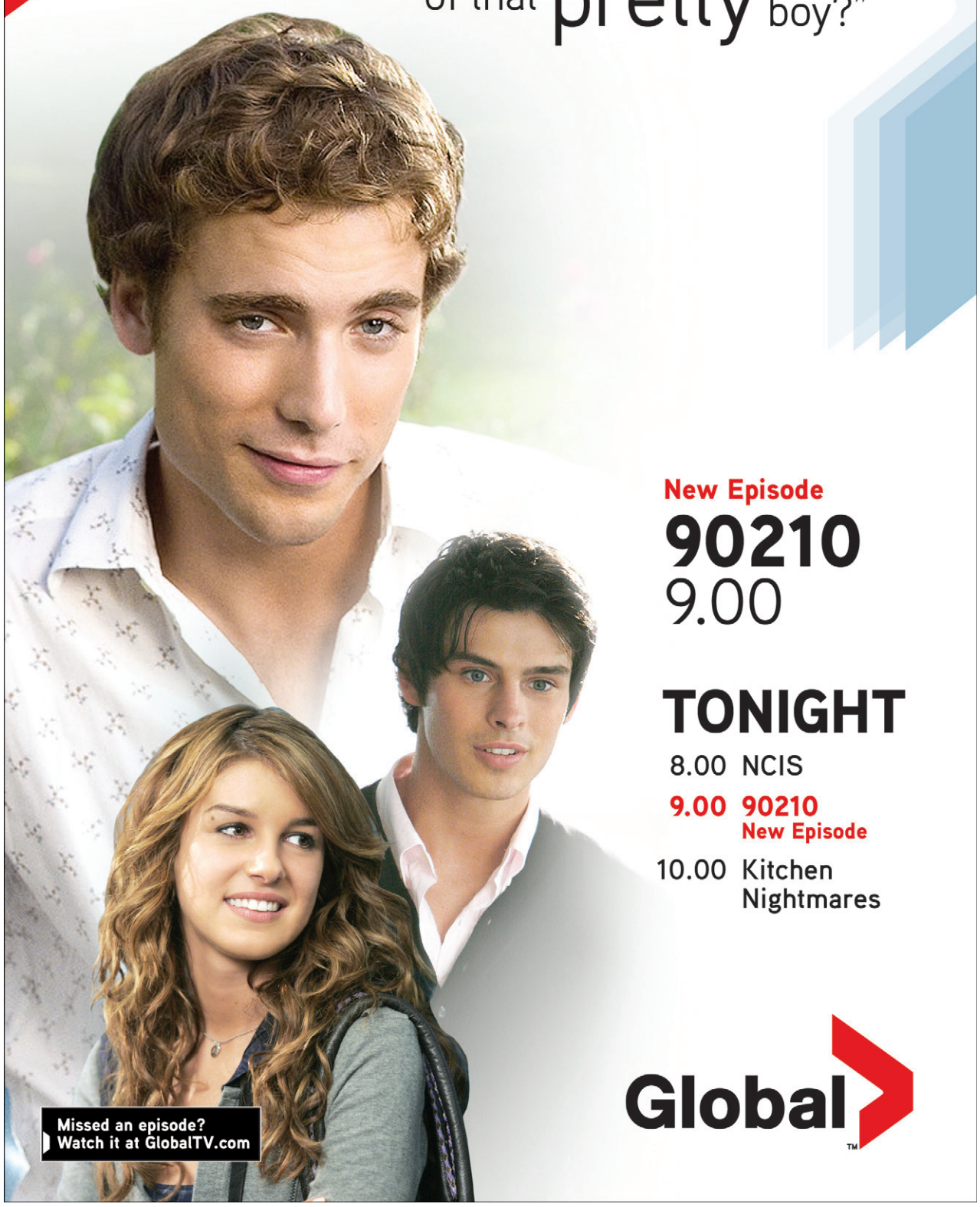
"you think I'm jealous of that pretty boy?"



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Global

Wild Things
Christina Aguilera and husband Jordan Bratman threw a Where the Wild Things Are-themed party Saturday afternoon to celebrate the first birthday of son Max, who turned one last week. **PEOPLE.COM**

Nickel Eye's solo Strokes

Bass player mines inspirational roadtrip on new album

BRYAN BORZYKOWSKI
for Metro Canada

Nikolai Fraiture has come a long way since he dropped out of college at 19 to travel, Jack Kerouac style, across America. But on The Strokes bassist's debut album he decided to venture back 11 years and mine those heady days for material.

"It was a very interesting time," says Fraiture, who plays under the name Nickel Eye when he's not slapping bass strings with his other band. "It was not what I expected from my young, ideal dreams; I was pretty disillusioned."

Although the trip was more than a decade ago, Fraiture managed to find old notebooks filled with his writings. "They were in a shoebox," he says. "I went through them for inspiration and the majority of words came from that."

While he might have had the lyrical foundation for his tunes, writing music on his own for the first time was an eye-opening experience.

Until penning tracks for his new record, The Time of the Assassins, he'd only concentrate on adding bass to The Strokes' songs. Now he was forced to look at the big picture.

"This experience really helped me understand what everyone else is doing," he explains. "Before, I could push my part at the sake of a song. But I've learned different things and I see them from a different point of view now."

Fraiture admits that his new disc is a "challenging listen all around," but in reality it's not too far off from what a toned down Strokes album might sound like. His voice is oddly similar to Julian Casablancas', though he mumbles a lot more and the music is nearly as infectious and passionate —minus the distortion — as his other group's tunes.

in concert

- Nickel Eye plays the El Mocambo tonight.

So, if the music's not that far off from what he plays in his day job, why's he releasing his own batch of tunes? "We had a lot of time off with The Strokes," he says. (The fivesome's last album was released in 2006.) "And I couldn't wait around any longer."

After a year and a half of writing, he found himself with an album. But after all that work, it's unlikely he will have a lot of time to promote it — The Strokes are finally going back into the studio in February. Nickel Eye's not upset though, for him The Strokes is still his top priority. "I can't speak for everyone, but for me, I definitely want to be in this band. When you're on tour for so long everything becomes the same. We just needed to regroup."

JUSTIN JAY PHOTO

The Time of the Assassins, the debut solo disc from Strokes bassist Nikolai Fraiture, will be available in stores and online next week.

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Sneak peek at the circus
Singer Britney Spears is giving fans a sneak peek at her new tour, The Circus, on her website, Britneyspears.com. The Circus starts March 3 in New Orleans and continues throughout the U.S. and Canada this spring. INTOUCHWEEKLY.COM

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IntelleVision

Rick McGinnis
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A pair of stories on the return of Lost this week underlined how the show's wild tangle of plotlines has become taxing for all but the most dedicated of viewers.

MOST SUITABLE TITLE EVER: Ten years ago, when I bought the first new television I'd ever owned after almost 20 years of not watching any TV at all, I found myself sucked into the rush of episodic shows and long-running storylines when I was overcome with a brief but intense addiction to Coronation Street.

I hadn't a clue who the characters were, but there was something compelling about their banal but vivid lives that had me watching every day for a month, at which point the addiction suddenly left me. (It took a bit longer to shake my fascination with syndicated episodes of Designing Women, but that's a topic for a different day.)

A pair of stories on the return of Lost this week underlined how the show's wild tangle of plotlines has become taxing for all but the most dedicated of viewers. A story on scifiwire.com revealing that season five will see the series go into "answer mode" underlined this problem, and featured teasers, like the one that "viewers will see more of Jin (Daniel Dae Kim), who is a series regular this year, though his character apparently perished last year when the freighter exploded. The producers wouldn't say how and under what circumstances viewers will see Jin."

A New York Times story echoed the confusion experienced by anyone new to the show, or at the disadvantage of missing a few episodes: "What ever happened to the four-toed statue? Why do some inhabitants of the island never seem to age? What is the Smoke Monster?"

The Times piece profiles Gregg Nations, the script supervisor and co-producer tasked with the job of "untangling the seemingly impenetrable mass of plotlines that have become addictive to some viewers of the show and alienating to others." At this point I'm glad to know that someone is doing this job, though it's probably too late for someone, like myself, who tuned out halfway through season one.

Shows as labyrinth as Lost guarantee that they'll have fewer, not more, viewers than the number that tuned in at the start, and the three million that have been shed since the first season proves this.

It's the ratings equivalent of a Shaker colony, committed but unable to reproduce, and it's hard to see how network TV will encourage as audiences and ad dollars continue to dwindle.

Rick McGinnis writes about music, movies, books and television, but not opera.

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In brief

MUSIC U2 fans, get your boots on. The first song from the band's first album in five years is ready for you to hear. U2 began broadcasting the uptempo single Get On Your Boots Monday — first on RTE, Ireland's state broadcasters, then for free on the group's website.

PEOPLE Bob May, who won a cult following as The Robot in the hit 1960s television show Lost in Space, died Sunday of congestive heart failure. He was 69. THE ASSOCIATED PRESS

GlobalStyle

Kenya Hunt
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TO		Vu	SC		C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	1/20/09	265	353	2	TVO	Undersea Expl.	Parks	The Agenda With Steve Paikin		The Street		Wipe Out		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV)		90210 "By Accident" (N)		Kitchen Nightmares		News (N)
		215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (HDTV) (N)		CBC News: The National		The Hour
		214	344	7	CITY	Law & Order: SVU		Privileged (HDTV) (N)		Scrubs	Scrubs	A Moment in History		News (N)
		212	313	8	CTV	etalk	Hollywood	American Idol Auditions.		(9:01) Fringe "Bound"		(10:01) The Mentalist		News (N)
		218	345	11	E!	The Insider (N)	E! News	The Biggest Loser (N)				Ruby	Kimora: Fab	News (N)
		137	763	13	TFO	Panorama		Évolution		*Le Docteur Mabuse* ★★★★ (1922, Suspense) Rudolf Klein-Rogge.				
		-	-	14	-	Cold Case		News (N)		News (N)		Two/Half Men	King	Cold Case
		213	326	15	SUN	Scrubs	George Lopez	*Perfect Little Angels* (1998, Suspense) Cheryl Ladd.				Dateline NBC (Live)		Becker
		-	387	16	CBS	Inside Edition	Hollywood	NCIS (HDTV)		Dream Big Dream		(10:01) The Mentalist		News (N)
		-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Dateline NBC (Live)		News (N)
		-	386	18	ABC	World News-Gibson		The Neighborhood Ball: An Inauguration Celebration				A Moment in History		News
		219	346	20	ACH-B	Instant Star	TMZ (N)	Cold Case		Law & Order "Darkness"		Without a Trace		News (N)
		-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol Auditions.		(9:01) Fringe "Bound"		Seinfeld	Two/Half Men	The Simpsons
		-	388	61	PBS	News-Lehrer	Keeping Up	Nova (N) (DVS)		Frontline (N) (DVS)		Joe Louis: Boxer Who		Business Rpt.
		297	652	330	WPX	Two/Half Men	Family Guy	90210 "By Accident" (N)		Privileged (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
		296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
		298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news		502	390	26	NW	CBC News: Around the World		Inaugural Review		CBC News: The National		Dreams of Obama (N)		National
		500	500	33	CNN	Campbell Brown: No Bias, No Bull		Inauguration. (Live)		Anderson Cooper 360 Inauguration ball. (Live)				
		509	504	79	CNB	CNBC Reports (HDTV)				American Greed		On the Money		Mad Money
sports		405	417	22	net	UFC: Access	World Combat	The Ultimate Fighter		Best Damn Sports Show		Sportsnet Connected		Hockey Central
		400	400	30	TSN	That's Hockey!	NHL Hockey	Washington Capitals at Ottawa Senators. (HDTV) (Live)				SportsCentre	NHL Hockey	
		411	457	58	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
		417	406	81	SC	Trackside	NASCAR Pre.	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Trackside
family		551	542	25	YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
		554	544	45	TEL	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	American Dad	Robot Chicken	Gay Couple
		556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety		602	567	27	W	Will & Grace	Friends	Extreme Celebrity Love Splits		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
		570	580	29	MM	Degrassi: TNG	Instant Star	Gone Wild	Gone Wild	disBand	Technical Diff.	Degrassi: TNG	Instant Star	The Shift
		615	520	31	A&E	CSI: Miami "Killer Date"		The First 48 (HDTV)		The First 48 "Blackout"		Manhunters	Manhunters	The Beast
		700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
		571	581	36	MMM	mmmtop	Where You At	Popaganda		Listed		Celebrity Wrestling		Tommy Lee
		575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
		616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	House "Maternity"		House
		620	523	40	BVO	Road to Baleya		Live at the Rehearsal Hall		Ferron: Girl on a Road		Freddie Mercury		Law & Order
		601	562	41	SLC	Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
		522	506	43	HIS	NCIS "Twisted Sister"		Ultimate Engineering		Ax Men "The Final Haul"		NCIS "Twisted Sister"		Re-Inventors
		625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
		600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
		294	529	47	TBS	House-Payne	House-Payne	*Ali* ★★★ (2001, Biography) Will Smith, Jamie Foxx, Jon Voight.					Seinfeld	Family Guy
		576	582	49	BET	106 & Park: BET's Top 10 Live		Presidential Inauguration		News Special	News Special	Presidential Inauguration		News Special
		627	528	50	SPC	Lost (Part 1 of 3)		Lost (Part 2 of 3)		The Dresden Files		Destination Truth		Stargate SG-1
		581	566	52	MTV	Mom & Dad	After	MTV News	Cribs	The City	City Live After	Inaugural Ball The administration's start. (N)		
		618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
		603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
		261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Faith in the White House		Poltergeist
		621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Off the Leash	The Tonight Show-Jay Leno		TMZ
		553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby
		115	711	101	TVA	Les Gags	Histoires-filles	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		526	507	249	VIVA	Judging Amy		Missing		Missing		Encounters	In Dreams	Psychic Inv.
		300	601	301	M1	(7:10) *Drillbit Taylor* ★★ (2008, Comedy), Troy Gentile				*We Own the Night* ★★ (2007, Crime Drama)				*Alpha Dog*
		305	612	306	PIX	*Nat. Lamp Trip*	(7:20) *Johnny Mnemonic* ★ (1995)			*Mallrats* ★ (1995, Comedy), Jason Lee			(10:35) *Salvador* (1986)	

critics' corner

Johnny Mnemonic
There's a lesson to be learned from this 1995 sci-fi tale: Never send a boy to do a computer's job. Why? Well, computer meltdowns aren't fatal, but if this guy doesn't do a brain dump on time, he's dead. That's if the assorted gangsters and guerrillas who want what's in his head don't get him first. 7:20 PM on PIX

NCIS
That explains it — sort of. In this encore of the sixth-season premiere, Gibbs, still puzzled over Vance's decision to disband his team, is startled to discover it's connected to the murder of a naval petty officer in "Last Man Standing." 8 PM on GTV, CBS

Dreams of Obama
On the day that the United States inaugurates its 44th president — and its very first black president — this new documentary revisits Barack Obama's personal life and political achievements to date. Law-school classmates and associates from his days in Chicago politics are among those sharing their insights. 10 PM on NW

Simpson, Romo close to tying knot?

Usmagazine.com is reporting Jessica Simpson will be a newlywed again. "An engagement is on the way," a source says in the new issue of Us Weekly. Simpson and her football beau, Tony Romo, are "getting there — and they will announce it when it happens." METRO NEWS SERVICES

Celebrity Buzz

Winehouse good for St. Lucia: Minister

TOURISM Amy Winehouse has won an important fan in St Lucia — the tourism minister, ananova.com reports. Allen Chastanet has praised the singer for bringing publicity to the Caribbean island.

While local reports have concentrated on the darker side of Winehouse's antics, it seems every picture of her smiling or mixing with the locals is a boost for the island, the website says.

Winehouse arrived in St. Lucia in December to stay at the luxury Le Sport resort and local media have been following her around ever since. They have accused her of everything from throwing a drink on a tourist to being sick at breakfast.

But Chastanet disagrees and says his government has sent her a gift basket of local goods to thank her for the publicity.

In a competitive world, he said, "Any edge that you can get, you hang on to it."

The singer's rocky marriage and problems with drugs have been widely reported and it is believed she went to the island to help her recovery. Winehouse has said that going to St Lucia "has changed everything." She says she's getting loads of exercise, eating brilliantly and has been able to relax.

The singer's husband Blake Fielder-Civil, who has been in and out of prison in recent months, filed for divorce from jail after seeing pictures of his wife with another man on the island.

St. Lucia can look forward to more publicity — with the troubled star saying she is having such a good time, she has no plans yet to return to the U.K.

METRO NEWS SERVICES

Heche confirms it's a baby boy

PREGNANT Anne Heche is having a baby boy, femalefirst.co.uk reports.

The Nip/Tuck star has confirmed she is expecting a son with her partner, Nova Scotia native James Tupper, and is very excited by the news.

Heche — who has six-year-old son Homer from a previous relationship — sparked rumours about the sex of the baby earlier this month when she apparently couldn't keep the news under wraps.

A source said: "She told people she was having a boy. They were so excited to be picking things out for a little boy."

Heche met actor Tupper on the set of her TV show Men In Trees in 2006 when she was still married to ex-husband Coleman Laffoon.

METRO NEWS SERVICES

Heidi, hubby go with Obama flow

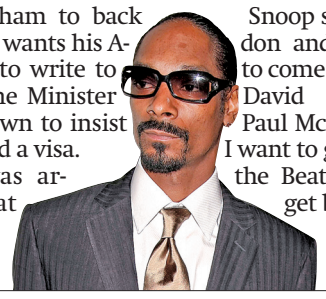
COUPLE She may have given a very high-profile endorsement to John McCain during his 2008 presidential campaign, but Heidi Montag knows which way the political winds blow. The MTV reality star was spotted by TMZ out for a bike ride in Los Angeles with husband Spencer Pratt over the weekend — both sporting Barack Obama T-shirts.

METRO NEWS SERVICES

Snoop asks Madge, Becks for visa help

FRIENDS Snoop Dogg has reportedly begged Sir Paul McCartney and Madonna to help him get into the U.K., femalefirst.co.uk says.

The rap star — who has also called on soccer ace David Beckham to back his cause — wants his A-list friends to write to British Prime Minister Gordon Brown to insist he is granted a visa.



Snoop was arrested at London's Heathrow airport in April 2006 after his entourage vandalized a whiskey shop and attacked seven police officers when they were turned away from the first-class lounge.

Snoop said: "I love London and I'm desperate to come back. I've called David Beckham, Sir Paul McCartney — hell, I want to get the whole of the Beatles to help me get back in.

METRO NEWS SERVICES

Carrey parties with 50 Cent

BIRTHDAY While partying in Utah for the Sundance Film Festival, Jim Carrey got a very special birthday serenade from 50 Cent. The rapper invited the actor up on stage for a rendition of '50s hit It's Your Birthday, during which Carrey, whose 47th birthday was Saturday, reportedly showed off some impressive dancing skills.

METRO NEWS SERVICES

Kelly arrested for alleged assault

CHARGES Turns out Kelly Osbourne was arrested earlier this month — for an incident that occurred in August. According to Sky Showbiz, British gossip columnist Zoe Griffin finally got around to pressing charges against Osbourne for assaulting her last summer. Griffin had raised Osbourne's ire by publicly ridiculing Osbourne's 19-year-old fashion model fiancé, Luke Worrall, for being a bit of a dim bulb. Osbourne is out on bail, according to London police.

METRO NEWS SERVICES

Road's 'twisted family'

ON SET Leonardo DiCaprio says starring in Revolutionary Road was like being in a "weird, twisted family," reports femalefirst.co.uk.

The 34-year-old actor — who reunited with Titanic co-star Kate Winslet in the new drama — insists filming love scenes with Kate felt "completely natural and comfortable," even though the actress' husband Sam Mendes directed the film.

Leonardo added Kate — who won a Golden Globe Award for her role in the film — is no different from when they first worked together.

"She has not changed at all. She's one of the most real people I've ever met and such a great friend. We've been support mechanisms for each other for a long period of time and will continue to be," he said.

Leonardo added both he and Kate are more "experienced" since they first appeared on the big screen together, which he believes helped them give such strong performances in Revolutionary Road.

METRO NEWS SERVICES

Knoxville accused of carrying fake grenade

AIRPORT TV prankster Johnny Knoxville was detained for allegedly bringing a fake grenade into an airport. Security screeners at Los Angeles International Airport detected the grenade in the Jackass star's hand luggage, ananova.com reports.

It was investigated by a bomb squad who found it did not have a firing pin or explosives. Knoxville told police that the grenade was a prop he forgot to remove from his bag, airport spokeswoman Nancy Castles said.

The 38-year-old, whose real name is Philip John Clapp, was later released and allowed to board an American Airlines flight to Miami, the website adds.

METRO NEWS SERVICES

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Varadero $85
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Lima $399
Travel Feb 11 - Feb 25/ac — + taxes & fees $377

Rome $399
Travel Feb 4 - Feb 18/ua — + taxes & fees $370

Buenos Aires $479
Travel Feb 11 - Feb 24/ac — + taxes & fees $395

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Puerto Plata 4-Star $675
Bahia Principe — + taxes & fees $309
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Los Cabos 5-Star $695
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New York New York — + taxes & fees $230
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California Fly & Drive $499
+ taxes & fees $249
INCLUDES airfare to San Francisco, return from Los Angeles and 7-day car rental with unlimited mileage to discover the Golden Coast. Departs Feb 11/inf/ac. ADD San Francisco helicopter tour from $179.

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AMC THEATRES YONGE & DUNDAS 24 ✷	ALLIANCE CINEMAS CUMBERLAND 4 ✷	CINEPLEX ENTERTAINMENT CANADA SQUARE ✷	EMPIRE THEATRES EMPRESS WALK NORTH YORK ✷	AMC THEATRES WINSTON CHURCHILL 24 ✷	AMC THEATRES KENNEDY COMMONS 20 ✷
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WINNER PRODUCERS GUILD OF AMERICA STANLEY KRAMER AWARD

SEAN PENN

MILK

EMILE HIRSCH JOSH BROLIN
DIEGO LUNA AND JAMES FRANCO
WRITTEN BY DUSTIN LANCE BLACK
AND DIRECTED BY GUS VAN SANT

FOCUS FEATURES | 14A Persons younger than 14 must be accompanied by an adult VIOLENCE, SEXUAL CONTENT, COARSE LANGUAGE | www.milkthemovie.com www.alliancefilms.com | ALLIANCE

CINEPLEX ENTERTAINMENT SCOTIABANK THEATRE TORONTO ✷	CINEPLEX ENTERTAINMENT VARSITY CINEMAS ✷	CINEPLEX ENTERTAINMENT CANADA SQUARE ✷	CINEPLEX ENTERTAINMENT GRANDE SHEPPARD CENTRE ✷	AMC THEATRES WINSTON CHURCHILL 24 ✷	AMC THEATRES KENNEDY COMMONS 20 ✷
AMC THEATRES INTERCHANGE 30 ✷	NOW PLAYING! Check Theatre Directory or www.alliancefilms.com for showtimes. ✷ DIGITAL SOUND				

The Weather Network
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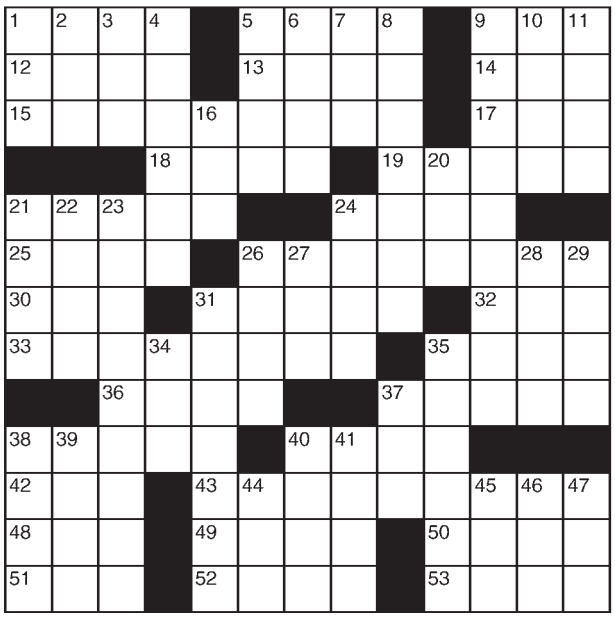
Today Partly cloudy -11°/ -18°
Wednesday 70% Light snow -5° / -8°
Thursday 40% Flurries -1°/ -9°
WeatherEye... Free App Available on iPhone.

Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



Crossword across

1 Pleased
5 Low voice
9 Comedy's DeLuise
12 Highly rated
13 Friend
14 Raw rock
15 Dangerous fish
17 Oscar Wilde's sine qua non
18 Charged bits
19 Valentino's dance
21 Chocolate source
24 Beatles movie
25 Money of Iran
26 Squashed with the feet
30 Egos' counterparts
31 Adolescents
32 Exist
33 Maryland city
35 Talking bird
36 Family member
37 "Star Wars" weapon
38 Sounded like a crow
40 Scratched (out)
42 Literary collection
43 1987 Woody Allen film
48 Eddie of vaudeville
49 Wading bird
50 Duel tool
51 Type measures
52 Reply to "Shall we?"
53 Whatever remains

Crossword down

1 Petrol
2 Parcel of land
3 Blackbird
4 No
5 Hoedown venue
6 "Sad to tell, ..."
7 Crafty
8 Methods
9 Makes seem less important
10 First (Abbr.)
11 "Take — your leader"
16 Sticky stuff
20 Matterhorn, for one
21 Home, in today's jargon
22 Staffer
23 Gilligan and his companions
24 Mandlikova of tennis
26 Criterion
27 Roulette bet
28 Sea eagle
29 Letter opener
31 Ivy attachment
34 Coloration
35 More irate
37 Zodiac feline
38 Eatery
39 Any time now
40 Redact
41 Part of SWAK
44 Honest politician?
45 Mimic
46 "Of course"
47 Prepared

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	3		9	5	4		
	5				7			1
			4	1				
		7				8	3	
			5		8			
	4	6				1		
				7	4			
7			3				6	
		2	9	6		5	7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	F	A	R	■	D	O	C	■	R	E	F	T		
S	A	R	A	S	O	T	A	■	E	M	I	R		
H	O	T	S	H	O	T	S	■	V	I	S	E		
■	■	■	C	A	R	■	S	W	A	T	H	E		
A	B	R	A	M	■	B	E	A	M	■	■	■		
T	A	I	L	■	H	O	T	S	P	U	R	■		
E	T	C	■	B	E	R	T	H	■	F	E	E		
■	H	O	T	L	I	N	E	■	W	O	N	K		
■	■	■	S	U	R	E	■	H	A	S	T	E		
M	O	S	H	E	S	■	S	I	R	■	■	■		
A	N	T	I	■	H	O	T	S	P	O	T	S		
S	C	A	R	■	I	N	A	S	E	N	S	E		
K	E	N	T	■	P	E	R	■	D	O	P	E		

9	3	5	7	4	1	2	6	8
7	6	4	3	2	8	5	9	1
2	8	1	5	6	9	3	4	7
3	1	7	6	9	2	4	8	5
5	9	8	4	1	3	7	2	6
4	2	6	8	5	7	9	1	3
1	5	2	9	7	6	8	3	4
6	7	3	2	8	4	1	5	9
8	4	9	1	3	5	6	7	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Cheesy Chickpea Enchiladas

INGREDIENTS:
1 medium red onion
2 tbsp (25 ml) corn oil
1 clove garlic
1 small red chili pepper
1 lb (500 g) tomatoes
1 can (19 oz / 540 ml) chickpeas
1 tsp (5 ml) ground cumin
Salt and black pepper
1/4 lb (125 g) old Cheddar cheese
1 small iceberg lettuce
4 soft flour tortillas, 7–8 in. (18–20 cm) in diameter

TO SERVE:
Thick natural yogurt or sour cream and sprigs of coriander as garnish

METHOD:
1. Preheat grill to high. Peel and thinly slice onion. Heat corn oil in frying pan and fry sliced onion over fairly high heat, stirring, until softened and lightly browned.
2. Peel and crush garlic, then rinse, deseed and slice chili pepper. Rinse and chop tomatoes. Drain and rinse chickpeas.
3. Stir cumin into onion, then add garlic, chili pepper, tomatoes and chickpeas. Cook them over moderate heat, stirring occasionally, 5–8 minutes, until most liquid has evaporated, then season.
4. Coarsely grate cheese. Rinse and dry coriander and rinse, dry and shred lettuce.
5. Lay tortillas flat and divide lettuce among them. Spoon chickpea mixture down centre of each, fold sides over, and lay in ovenproof dish. Sprinkle with cheese and grill until melted.
6. Serve with yogurt or sour cream, garnished with coriander.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Cruel humour creates a bad situation. Put off making any decisions until tomorrow. A weird playmate will finally arrive.

TAURUS
APRIL 21-MAY 21
An impulsive eccentric has your best interest in mind. Trade your tales with a seeker. You can now ditch a stumbling block.

GEMINI
MAY 22-JUNE 21
Make apologies in order to comfort others. An unreasonable analyst develops empathy. News will come regarding an investigation.

CANCER
JUNE 22-JULY 22
A self-righteous person will be unrewarded. You're forced to deal with excitement. Work secretly to help someone out.

LEO
JULY 23-AUG 23
Your friendliness strengthens a relationship. Family issues develop into a setback. Details are more trouble than they're worth.

VIRGO
AUG 24-SEPT 22
A sweetheart will cause confusion. Visit with friends who will ease your mind. A meeting is avoided by those who fear it.

LIBRA
SEPT 23-OCT 23
A heart-to-heart talk enhances your chances. Good news becomes a factor in a decision. Don't laugh when someone's words ring true.

SCORPIO
OCT 24-NOV 22
A surprising woman is overly emotional. A funny guy will thaw a cold heart. Your way of thinking about friendship is challenged.

SAGITTARIUS
NOV 23-DEC 21
Deep thinking reveals a little secret. Someone who lives in a peaceful place fascinates you. The time to improve relations is fading fast.

CAPRICORN
DEC 22-JAN 20
A dimwit will force a confrontation. Someone is too lazy to help himself. A companion who cares about you will make sense.

AQUARIUS
JAN 21-FEB 18
A team player will confess. Allow a thoughtful person to make a difficult decision. Don't get infuriated by an older person.

PISCES
FEB 19-MARCH 20
A petty person's false accusations will stress you out. A tough guy is in a bind. A brooding man spares your feeling.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Yours truly practices, as a trade (1)
2. Do a noogie on a U-boat (1)
3. The Delta Phi house over there (1)
4. Metric quart warming device (2)
5. Yes-man's macaques and baboons (2)
6. Actress Sarah Jessica's "Magic" pens (2)
7. Nosy interfering in door-to-door selling (2)

1-20-09

ANSWERS
1. I PLY 2. RUB SUB 3. THAT FRAT 4. LITER HEATER
5. FLUNKY MONKEYS 6. PARKERS MARKERS 7. PEDDLING MEDDLING

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LOTTO 649

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Play as a group for more chances to win.

LOTTO 649

Lottery Group Play Form

Jackpot Amount

$ _____ Million

Draw Date: _____

NAME	NUMBERS OR QUICK PICK	SIGNATURE	PHONE	$	PAID
1	QUICK PICK				
2	QUICK PICK				
3	QUICK PICK				
4	QUICK PICK				
5	QUICK PICK				
6	QUICK PICK				
7	QUICK PICK				
8	QUICK PICK				
9	QUICK PICK				
10	QUICK PICK				
11	QUICK PICK				
12	QUICK PICK				
13	QUICK PICK				
14	QUICK PICK				

Lottery Group Play Form Disclaimer

The Lottery Group Play Form is made available by OLG solely for the convenience of lottery group players. OLG assumes no responsibility for the entitlement of any prize to any group or group member or for compliance with any laws, which may prohibit or restrict groups playing lotteries. All group members may be required to attend in person to claim major prizes. All group members must be 18 years of age or older.

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